SPRING 2016
Parade of Homes
PRESENTED BY
Manitoba Home Builders' Association
MARCH 5-26

See Page 7 for our F-150 Blowout!
ON NOW ONLY AT: Birchwood FORD ON REGENT

Winnipeg metro

METRO MONDAY POLL
Readers' picks for the women on bills

metroVIEWS

Your essential daily news | MONDAY, MARCH 14, 2016

High 16°C/Low 6°C Mostly Sunny

Ebb to return after spring flow

Winnipeggers enjoyed some record-breaking warm temperatures this weekend, but Environment Canada predicts the weather will return to its cool Prairies normal. DAVID LIPNOWSKI/FOR METRO

WEATHER

Forecasters say more winter is on the way

Stephanie Taylor
Metro | Winnipeg

All good things must come to an end.

That's the message Environment Canada is sending as they predict average seasonal temperatures are to return to Winnipeg this week, after a weekend of record-breaking highs.

From dusting off the BBQs and making a first visit to some of the city's favourite ice cream shops to simply shedding a few layers, it was easy to note the enthusiasm with which Winnipeggers embraced the past few days' dose of sunny skies and milder temperatures.

Although Sunday's temperature did not beat out the historic high for that day, a new record was set on Saturday as temps rose to 12.2 degrees, according to Environment Canada.

"It's still way above normal," meteorologist Dan Fulton explained, adding the normal high for this time of year sits around -1 C.

A gust of warm air from the West is to thank for pushing away the cold Arctic air that typically hovers over the Prairies, which has resulted in the past week of unseasonably warmer temperatures.

But could this milder weather stick around for good?

Fat chance.

"Well, given that it's the Prairies and it's March, that would be a long shot," Fulton said Sunday.

In fact, he said temperatures are expected to dip back to seasonal averages later this week.

Besides Monday, where the city could see another record high of 13 C broken by a slightly balmier forecast, Fulton warns that a mix of snow and rain is in store for the days to follow.

"Sometime midweek there's going to be a storm and just how much it gives us is up in the air."

ADESA AUCTIONS
DON'T LOVE YOUR VEHICLE ANYMORE?
WE KNOW SOMEONE WHO WILL.
CALL US AT 866.948.9049
VISIT ADESAWINNIPEG.COM

metro NEWS

Your essential daily news

Car bomb in Ankara, Turkey, kills at least 34, wounds 125. **World**

DIGITAL SECURITY

Students off to U.S. for anti-hack competition

A team of Winnipeg students is the best in the country at shutting down hackers.

Or more accurately, the team from Sisler High School called "Stack OverFlow" is the best at resolving cyber security vulnerabilities in simulated environments.

Their prowess at that task has them bound for Baltimore Maryland as the top seed of 12 qualifying open division finalists at the PanAm games of digital security contests: CyberPatriot VIII, a national youth cyber defence competition.

To qualify, Stack OverFlow outperformed 3,379 teams from Canada and the United States — eventually emerging as the only Canadian team to qualify for the annual contest.

Team coach Robert Esposito said the event — organized by the U.S. Airforce Association — is meant to "encourage students towards careers in technology, science and math."

When in Baltimore, Stack OverFlow will be tasked with maintaining business grade servers and preventing hackers from attempting to breach their systems in the "master network security challenge" component of CyberPatriot VIII.

"Each student sits down at one of their machines, and they'll be running a random operating system … running a website, or they'll have a file server," Esposito said. "There'll be a red team of U.S. military members, or members of various universities (whose) responsibility it is to bring down the student's servers."

They'll have to fend off cyber threats for three and a half or four hours straight. The longer they can keep services up, the more points they earn.

"You get points for securing the system, putting up fire walls, changing user accounts," Esposito said. "It's really neat."

BRAEDEN JONES/METRO

IN BRIEF

Shots fired, man in hospital

Police found an unconscious man suffering from gunshot wounds in the east back lane of Henderson Highway near Hazel Dell Avenue around 4:10 a.m. Sunday.

A source at the scene said a man was taken to hospital in unstable condition. Two other victims were treated for less severe injuries. Police have not confirmed this report. SHAUN MCLEOD/FOR METRO

Fire crews battle blaze in Charleswood

Winnipeg fire crews were continuing to battle a house fire in Charleswood on Sunday night.

Flames began engulfing parts of a home at 38 Matlock Cres. on Sunday afternoon. According to a source at the scene, no injuries have been reported, and a family and dog are safe. METRO

Portage Place makes amends with elder

INDIGENOUS AFFAIRS

Leader named mall liaison after food court removal

Braeden Jones
Metro | Winnipeg

A respected indigenous elder who was thrown out of Portage Place Mall in February has been recognized as an important liaison in the same mall.

David Stone, general manager of Portage Place, said the incident in which Joseph Meconse was removed from the mall's food court was regrettable.

After Meconse's community got behind him and held protests, Stone met with the elder and said he got to know him.

"I learned the importance of Joe (Meconse) to his community. (He) is a significant elder… he's a decorated war veteran, and he also happens to be a very nice man," Stone said, adding that it also become obvious he "also has a deep connection to Portage Place."

To apologize, recognize the vital role Meconse plays in his community, and thank him for his forgiveness, he was honoured as Portage Place's first official Ogichidaa — an indigenous ambassador and liaison to establish and maintain positive relationships.

Joseph Meconse celebrates being named Portage Place's official Ogichidaa, an indigenous ambassador who will help establish and maintain positive relationships. BRAEDEN JONES/METRO

Meconse was overwhelmed at Friday's ceremony, which began with a pipe ceremony and concluded with a celebratory round dance.

"I can't express how I feel," he said "It's a beautiful feeling, knowing that our people finally get together."

He pledged to carry out his duties for as long as his health is intact, and to be in Portage Place daily "to help other people, and (be) involved in any event that goes on."

"I've been doing that for the last 16 years," he said.

In addition to the gesture of naming Meconse the mall's official Ogichidaa, Stone also announced that its security complement has been replaced by the Indigenous Bear Paw security, with the promise that its members would consider and promote indigenous culture and traditions in their work.

The Downtown Winnipeg BIZ also announced plans to infuse indigenous culture into its slate of summer arts programming, including the addition of an indigenous music stage at the ManyFest annual music festival.

Stone said his hope is that "the challenges of the past provide inspiration for the future, so that for years to come, we don't need to refer to each other as them and us."

He added that there will be long-term plans developing on an ongoing basis to align indigenous-led social agencies with activities and services at Portage Place.

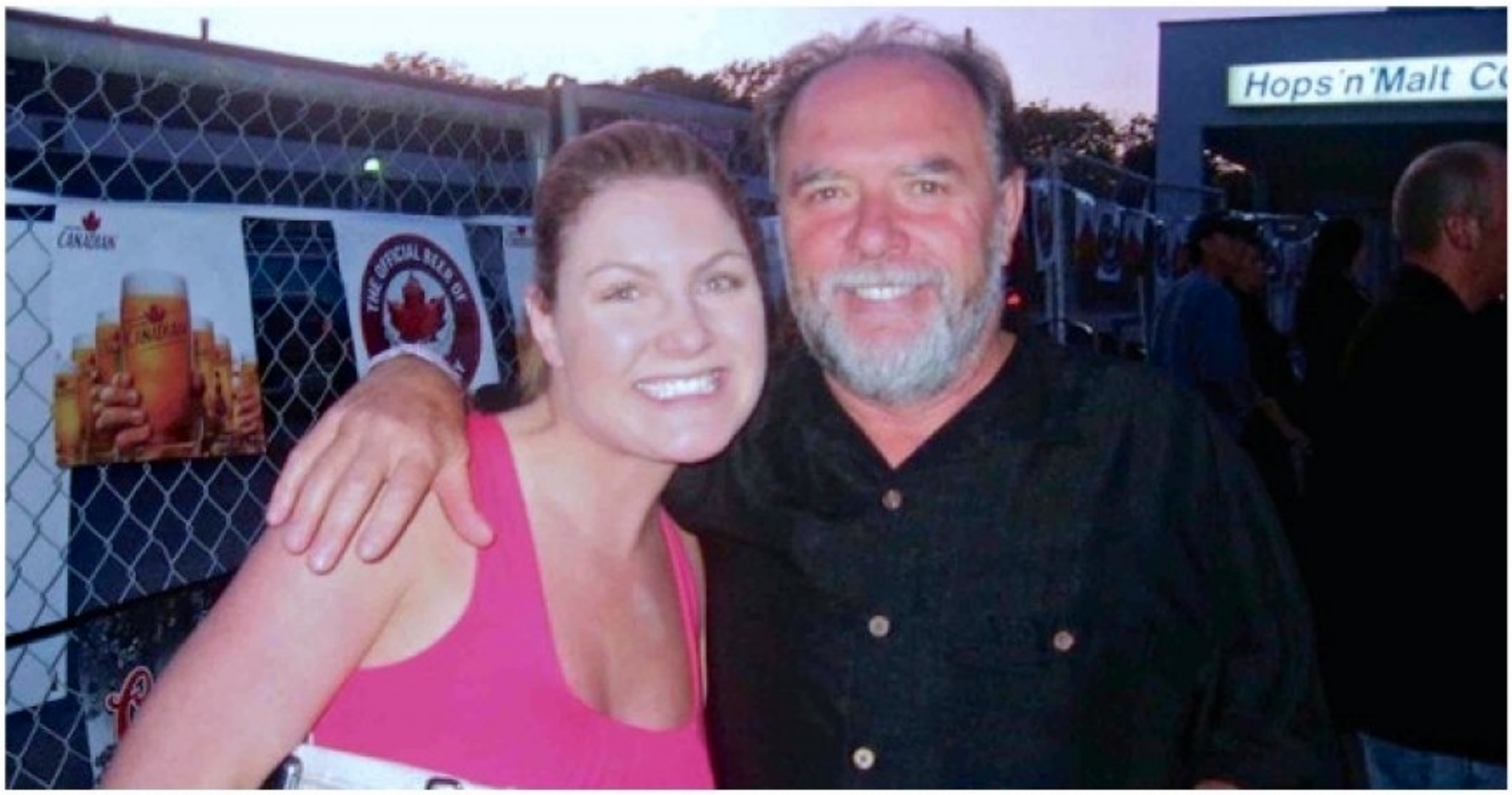
Pulford Community Living Services Inc.
Presents
OPEN DOORS OPEN MINDS 2016
WINE TASTING FUNDRAISER
EXCELLENT WINE • DELICIOUS APPETIZERS • RAFFLE • LIVE AUCTION
HOSTED BY FRANKIE HOLLYWOOD AND JENNA KAHN OF ENERGY 106
FRIDAY, APRIL 8TH, 7PM
PINNACLE CLUB INVESTORS GROUP FIELD
315 CHANCELLOR MATHESON RD
For more information or to purchase tickets
please call 204-284-2255 ext. 200 or email angel.marcoux@pulford.ca

Daylight savings saved bar

BUSINESS HISTORY

Extra hour of beer sales kept Kirkfield Hotel alive: Owner

Donna Maxwell
For Metro | Winnipeg



Club 3D owners Nicole Dangerfield Sage and Keith Dangerfield outside the bar during the 60th anniversary celebration in 2009. CONTRIBUTED BY KEITH DANGERFIELD

An hour of missed sleep Sunday thanks to the arrival of daylight savings time might have you a little grumpy as you start your work week, but the owner of a bar on west Portage Avenue is smiling, knowing that extra hour saved his family business more than 60 years ago.

In the early 1950s, that hour allowed Keith Dangerfield's grandfather, uncle and father to sell beer at the Kirkfield Hotel for one hour longer than their competitors down the street, and the whopping amount of business — done when patrons of the already closed bars piled into their cars and headed west for the extra hour of libations — saved their business.

"There was no money in the till, five bucks for the whole day. Then they'd do almost 200 bucks in an hour, at a nickel a beer," Dangerfield said.

"And that's what saved the hotel."

According to the Manitoba Legislative Library, an Order in Council by the federal government had the entire country on daylight savings time during the Second World War. That order was revoked in 1945 and lasted until 1963, when the province legislated that all of Manitoba must recognize daylight savings time during the summer. It was a mishmash of who did, and who didn't.

The Dangerfields benefitted from this, as their competition to the east was in the City of Winnipeg, which began following daylight savings time around 1946. St. James made the move a couple of years later, but in Assiniboia and Charleswood, where the Kirkfield paid its taxes, the move wasn't mandatory.

The April 24, 1948, edition of the Free Press said, "In St. James clocks will be advanced an hour at midnight Sunday, while in Assiniboia and Charleswood municipal employees and the councils will observe daylight saving, which will be optional for residents."

The Kirkfield opted out, and the rest is history.

"Because of the extra hour of drinking time, basically St. James Hotel, all the people from St. James, would come out here that extra hour," Dangerfield said.

"I wasn't around at the time, but wow."

The Dangerfields' bar-room connections go back to Keith's great grandfather, who left England and showed up in Grand Forks in the early 1900s and became the mayor. Prohibition in the U.S. signalled a business opportunity in Canada and drove him to Saskatchewan to run a bar. The enterprising immigrant also joined in on the bootlegging trade.

> **To this day people come in and they come in because they know that they're gonna run into somebody that they know.**
> Keith Dangerfield

His sons, Fred and Jim, eventually moved to Winnipeg where Fred bought the McLaren Hotel and Jim, the Leland.

In December 1949 they bought the Kirkfield, at that time pretty much the lone beacon on the west Portage landscape. Its two previous owners had gone broke and the Dangerfields weren't pouring enough beer to turn a profit.

"There was nobody out here then," Dangerfield explained.

"The bus turned around at Whytewold Road. "

Without a community to support the Kirkfield, it seemed its days were numbered. But when daylight savings time kicked in, it literally changed their fortunes.

The arrival of Assiniboia Downs in 1959 and the growth of Crestview and Westwood gave the Kirkfield a community. It was torn down in 1981, but a second bar on the same location, called Georgie's, was built in 1973.

In 2003, it was renamed Club 3D to recognize Dangerfield's daughter, Nicole Dangerfield Sage, the third generation involved in the operation of the new hotel.

"To this day people come in and they come in because they know that they're gonna run into somebody that they know," Dangerfield said.

"It's almost inevitable that if they stop here, after work or Saturday afternoon, or even now, 2 o'clock, 3 o'clock (on a weekday), there's somebody that you know sitting at the bar."

$500 HEALTH CARE AIDE SCHOLARSHIP
Train for a rewarding career as a Health Care Aide with a tuition boost! Apply today and you could qualify for a $500 scholarship. Classes start soon!
CDI COLLEGE ALSO OFFERS PROGRAMS IN:
• Accounting and Payroll Administrator
• Addictions and Community Services Worker
• Legal Administrative Assistant
• Network and Database Administrator
• And More!
90% Employment Rates for HCAs
Winnipeg campus, Jan. - June 2015
ASK ABOUT OUR EVENING CLASSES!
Financial assistance may be available to qualified applicants.
1.800.360.7186
STUDYMB.CDICOLLEGE.CA
CDI college

Police hint at layoffs

MUNICIPAL POLITICS

Board says it's the only way to close $2.45M budget gap

Stephanie Taylor
Metro | Winnipeg

A controversy is brewing at City Hall over the proposed Winnipeg Police Service budget, which could result in police officers and cadets off the job.

The Winnipeg Police Board heard in a preliminary budget presentation Friday the force has encountered a $2.45-million shortfall it says is required for the force's operating budget.

In order to close that gap, board executive director Don Norquay said, the complement of police officers and cadets would have to be reduced by 40.

That would mean layoffs for 20 officers from the spring 2016 recruit class, 40 cadets and cancellation of the fall 2016 recruit class, eliminating upward of 80 positions in all.

Winnipeg Police Chief Devon Clunis dislikes the idea of staff cuts to cover a $2.45M shortfall. STEPHANIE TAYLOR/METRO

"We would go backwards, not forwards," Winnipeg Police Chief Devon Clunis told reporters on Friday.

"What you would notice is us going back to being a reactionary police service," adding layoffs would see the cadet program eliminated.

Clunis explained that because 85 per cent of the police service's operating budget is spent on staffing, finding any more savings would mean cuts to salaries and benefits, which means a reduction in complement.

"It's just the math," he said.

Mayor Brian Bowman, however, would disagree.

He said this year's budget includes a $16.7-million increase to the police's budget — which, he adds, has risen by an "unsustainable" 80 per cent over the past decade.

"Every department always wants more money. This is the single greatest expenditure by a department that the City of Winnipeg has," Bowman said.

He also refuted the police board's findings that layoffs are the only answer to the shortfall.

"I believe that a budget that is increasing by $16.7 million-6.32 per cent increase — as compared to last year, provides more than enough resources to meet their labour needs, you just do the math," Bowman said.

"If they make that decision, it's their decision. We're providing millions of dollars more to meet their labour needs."

Friday's police board ultimately voted for the city to cover the $2.45-million gap, which is still subject to approval from the executive policy committee.

SURVEY

Most confident in work of city officers

Braeden Jones
Metro | Winnipeg

Results of the 2015 annual Winnipeg Police general survey show 91 per cent of 606 respondents have confidence in the police, while 50 per cent have a "great deal of confidence.

The survey was conducted between Sept. 1 and Sept 5, 2015. Results were released Friday.

Seven per cent indicated they had not very much or "no confidence at all" in WPS.

In the report's summary, police indicate the numbers are positive but "there are certainly areas for improvement."

The survey showed respondents who had personal experience with police were more likely to rate the service poorly on a range of questions.

And although 95 per cent of respondents felt they would be safe walking in their neighbourhood in the day, and 71 per cent said the same for after dark, 29 per cent indicated they would feel unsafe "or very unsafe" walking downtown alone — even in daytime — and 81 per cent would feel unsafe after dark.

MUNICIPAL NEWS

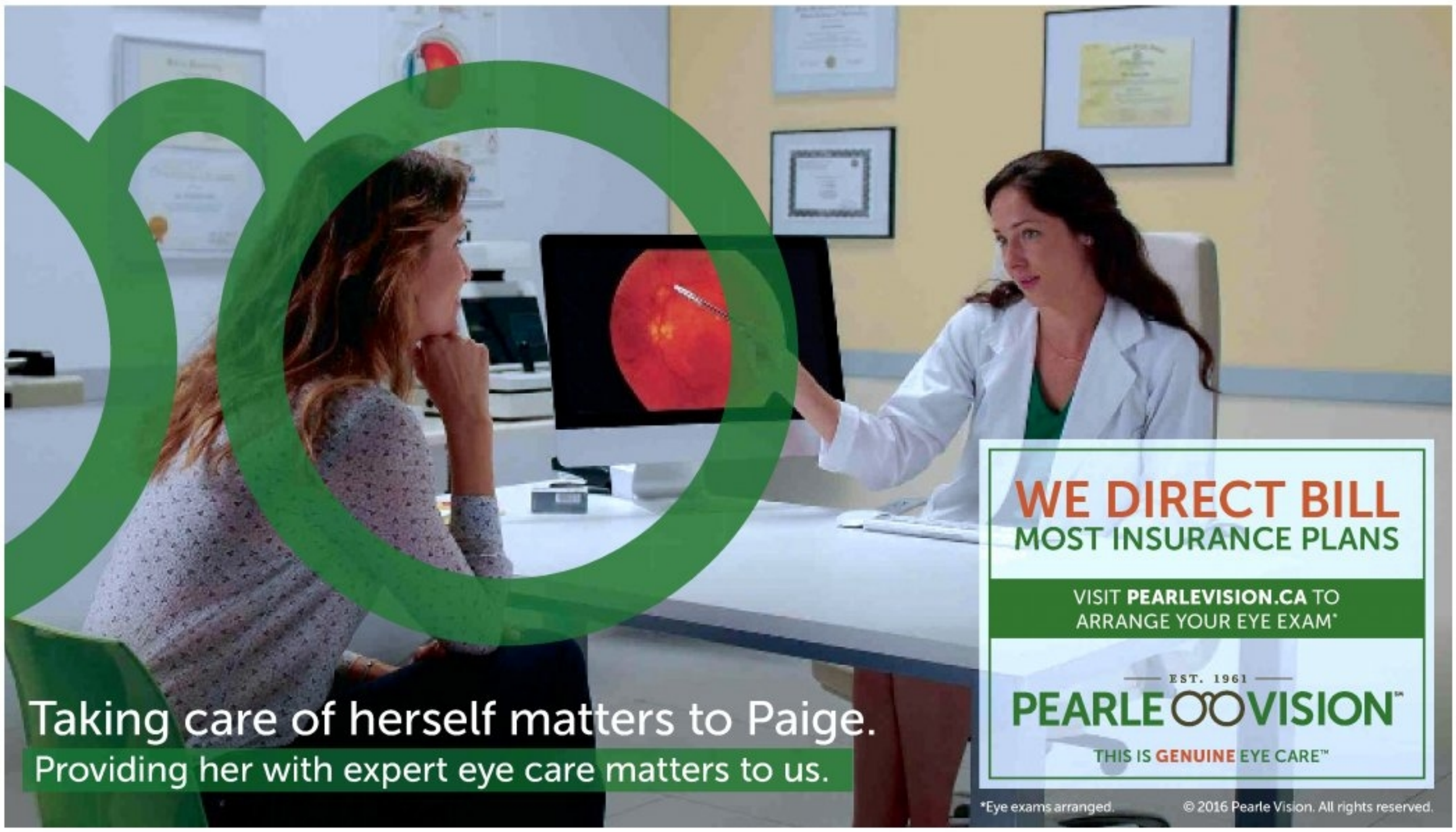
St. Boniface reno closer

Plans for a multi-million-dollar riverbank and sidewalk renovation project in St. Boniface are one step closer to being inked into the 2016 budgets.

After a marathon meeting on Thursday, the city committee on protection, community services and parks approved adding the $5.7 million Promenade Tache project into this year's capital budget.

The request was brought forward by area Coun. Matt Allard.

The project would see a pedestrian walkway constructed along the Red River on the St. Boniface side. STEPHANIE TAYLOR/METRO


Taking care of herself matters to Paige.
Providing her with expert eye care matters to us.
WE DIRECT BILL
MOST INSURANCE PLANS
VISIT PEARLEVISION.CA TO
ARRANGE YOUR EYE EXAM*
EST. 1961
PEARLE VISION
THIS IS GENUINE EYE CARE™
*Eye exams arranged.
© 2016 Pearle Vision. All rights reserved.

Wab Kinew, Manitoba NDP candidate for Fort Rouge, listens as Premier Greg Selinger responds at a news conference in Winnipeg, Friday, March 11, to Liberal party allegations of "hurtful" tweets of Wab Kinew's which have surfaced online. JOHN WOODS/THE CANADIAN PRESS

POLICE REPORTS

Serious complaints made against taxi drivers

CTV Winnipeg says it has obtained figures from the police service showing that over the last year, 15 allegations of sexual assault, indecent acts and suspicious circumstances have been made against cab drivers in the city.

The statistics represent complaints filed between Jan. 1, 2015, and Feb. 19 of this year.

Jackie Traverse, founder of a ride-sharing service for indigenous women called Ikwe Safe Rides, says the scope of the problem is "huge."

She says hundreds of women have signed up over the past six weeks.

Driver Deanna Thompson says there is a recurring theme among many of the women using the service — "they're mostly afraid."

The Winnipeg Taxi Alliance says it takes the accusations seriously.

"If there's a complaint launched against our drivers, they are immediately pulled from the road until an investigation, either by the company or by the Manitoba Taxicab Board, or both," said spokesman Luc Lewandoski.

To make it easier to file a complaint, the Winnipeg Taxi Alliance is putting decals in all of its cabs giving customers an email address.

The group has also launched a full website to allow for more feedback.

Another way drivers can be held accountable is by examining the cameras in the cabs.

Right now, those cameras only take still photos and don't record audio but the Taxicab Board says older cameras are already being replaced with newer models capable of recording audio.

THE CANADIAN PRESS/CTV WINNIPEG

NDP star weathers controversy

POLITICS

Wab Kinew under fire for years-old lyrics, tweets

When the Manitoba NDP announced it was nominating broadcaster, author and indigenous activist Wab Kinew to run in a Winnipeg riding, it was hailed as a brilliant move that could breathe new life into a party at risk of being swept from power.

Charismatic, with a high profile — Kinew's book The Reason You Walk was recently a nominee for the RBC Taylor Prize — his image became the NDP's home page and the party encouraged people to tweet #ImWithWab.

But with the start of the official campaign still days away, the 34-year-old candidate is facing some difficult questions about his past.

Questions about rap lyrics he wrote more than 10 years ago about hitting women in the face with a fist and his genitalia; tweets where he mentions taking up wrestling because "jiu-jitsu wasn't gay enough;" a post describing riding in a limo while kids on a northern Ontario reserve suffer; and a tweet asking if someone can get the flu from "kissing fat chicks."

Other candidates for office have quit or been tossed aside for much less, but Kinew is staying on.

"I'm trying very hard to conduct myself honourably in this campaign," he said in an interview last week. "I think we all know where this stuff is coming from and it would be very easy, based on my family background, to retaliate but I would prefer to talk about policy."

"If I have to talk about myself and my own personal transformation first before I talk about societal change, then I'm happy to do that."

Kinew was born in Kenora, Ont., and lived on Onigaming First Nation before his family moved to Winnipeg. His late father was a residential school survivor who endured horrific abuse, but passed on the importance of Anishnabe culture and language to his son. Both Kinew's parents were well-educated and wanted the same for him.

THE CANADIAN PRESS

"I think we all know where this stuff is coming from."
Wab Kinew

Third Parties
Information for Manitobans

What is a third party?
A person or group (other than a political party, candidate or constituency association) that **promotes** or **opposes** a registered party or a candidate during an election.

What is the spending limit for third parties?
A third party must not spend more than $5,000 on election communication during an election period.

What is election communication?
Any advertising or promotion that contains a message supporting or opposing a candidate or party.
For a complete definition, see section 82 of *The Election Financing Act*.

What are the rules for third parties?
- Identify themselves in any election communication
- Authorize the communication
- Register with Elections Manitoba after spending $500
- Appoint a financial agent and file a financial report

When do third party rules apply?
During an election period: From the issue of writ until election day.

For more information or to register, contact Elections Manitoba:
Ph. **204-945-3225** • Toll-free **1-866-628-6837**

elections@elections.mb.ca
www.electionsmanitoba.ca

Download our mobile app MANITOBA VOTES 2016

ElectionsManitoba

Unusual sit-down for MPs, agencies

INTERNATIONAL AID

Ministers of development, defence discuss global support

Canadian aid agencies have met several times with International Development Minister Marie-Claude Bibeau since the Liberals took power so when they received an invite to sit down with her last week in Ottawa, it wasn't unusual. Notable, though, was who else was there: Defence Minister Harjit Sajjan.

Humanitarian and development support has been part of Canada's contribution to the international fight to rout Islamic militants in Iraq and Syria for the last 18 months, but the Liberals' recent refocusing of the mission to place greater emphasis on that support leaves the government grappling with a problem: how to get Canadians onside without putting the work of those delivering that aid at risk.

It's a communications quandary more than anything else — link the military and humanitarian contributions too closely and it creates the perception that humanitarian groups aren't the neutral bodies they must be in order to safely operate.

"If you use an integrated or whole-of-government approach, you have to be very careful on the activities that you conduct and the way that you call them," said Stephen Cornish, executive director of Doctors Without Borders, who called Sajjan's presence at the meeting a positive sign.

While Bibeau has made it clear humanitarian principles will be respected, having Sajjan in the room was significant, said Gillian Barth, president and CEO of CARE Canada, who was also at the meeting.

"We haven't had the opportunity in the past to engage with the minister of defence," she said.

Making the case directly to the minister was important given a mistake the previous government made last year.

A spokesperson for Sajjan said the minister wanted to be in the room because of his international experience and awareness of the work NGOs do.

"It is important to the government of Canada that we work with our international partners to promote peace and stability worldwide," Jordan Owens said in an email. THE CANADIAN PRESS

ISIL MISSION

Last spring, when the anti-ISIL mission was broadened to include bombing targets in Syria, a page was put up on the Foreign Affairs website with photographs highlighting Canada's work. One was of a fighter jet and next to it a picture of international aid workers handing out supplies.

NGOs quickly demanded the pictures be removed, worried that connecting their workers to fighter jets would make them targets.

THE CANADIAN PRESS

Signatures of various MPs and the prime minister adorn a booklet sent to Degas Sikorski, an Edmonton area man who received a Valentine at work last month that was defaced with a homophobic message. HANDOUT/THE CANADIAN PRESS

SUPPORT

PM's special Valentine message

An Alberta man who got a Valentine at work defaced with a homophobic slur has received a much nicer card signed by Prime Minister Justin Trudeau.

The card, which Degas Sikorski received on Saturday, contains messages of support from the prime minister as well as cabinet ministers and MPs.

"Know that your friends outnumber the haters by millions, and I am one of your friends," Trudeau wrote in the card, which was delivered to Sikorski by Edmonton Centre MP Randy Boissonnault.

A photo of the Valentine that Sikorski, 20, of St. Albert received last month at a party supplies store in Edmonton caused an online furor after his mother posted it to Facebook.

She said a supervisor at the Party City store made Valentines for all the staff, but when her son picked his up, it had a hate message on it.

Sikorski said the card from Trudeau and other MPs also contained photos of the prime minister signing it.

"It was a beautiful card," Sikorski said. "There were so many pictures and so many people wanted to sign it, they had to add extra pages.

"Canada went from being this big, wide-open country to feeling like Ottawa and Ontario were right next to Alberta."

THE CANADIAN PRESS

Car bomb kills at least 34, injures 125

TERRORISM

Third bombing in Ankara in five months

A suicide car bomb went off near bus stops in the heart of Turkey's capital on Sunday, killing at least 34 people and wounding around 125 others, officials said.

The blast occurred on the city's main boulevard, close to Ankara's main square and a park.

Health Minister Mehmet Muezzinoglu said 19 of the wounded were in serious condition. He said that 30 of the fatalities died at the scene, while the other four perished at hospitals. Two of the dead were believed to be the assailants, he added.

Interior Minister Efkan Ala said the attack, which came as Turkey prepared to launch large-scale military operations against Kurdish militants in two towns, wouldn't deter the country from its fight against terrorism. He confirmed the blast as a car bomb that targeted civilians at bus stops on Ataturk Bulvari close to Kizilay square.

Ala said authorities had evidence pointing to the group behind the attack, but said an announcement would be made after investigation is complete.

The bombing is the third in the city in five months and comes as Turkey is faced with an array of issues, including renewed fighting with the Kurdish rebels, threats from the Islamic State of Iraq and the Levant (ISIL) group and a Syrian refugee crisis. THE ASSOCIATED PRESS

EXTREMISTS

Ivory Coast attack targets beachgoers and tourists

The Ivory Coast president says 14 civilians and 6 assailants have been killed in an attack on the beach and hotels in Grand-Bassam, a historic resort town in Ivory Coast. It's the third attack on a tourism centre in a West African country since November. THE ASSOCIATED PRESS

Turkish riot police secure the scene after an explosion in Ankara on Sunday. GETTY IMAGES

SYRIA

Young generation destroyed by war

A report published by the UN children's agency UNICEF, details the dangers Syrian children face from hunger to military attacks, physical and emotional trauma, disease and recruitment to violence.

"Bombs have turned classrooms, health centres and parks to rubble," it says. "The streets where they should be able to play are blocked by checkpoints or littered with explosive remnants of war. Diseases once vanquished have returned."

Armed groups are recruiting children at earlier ages, UNICEF said — including those as young as seven. Some are offered "gifts and salaries of up to $400 US a month," others are kidnapped.

The UN has verified that more than 460 children have been abducted as fighters.

Numbers of child refugees have escalated from 520,348 in 2013 to 2.4 million today.

"There's a sense of limbo," says David Morley, UNICEF Canada's president and CEO, who has visited refugee camps in the region. Providing education is crucial, to prevent millions of children from becoming a lost generation.

In January UNICEF staff found desperate conditions in the besieged town of Madaya. Starving children begged for bread, others were dying, too weak to survive even after help arrived. TORSTAR NEWS SERVICE

CHILDREN HIT

Conflict in Syria has left children at risk of dying from explosives, disease, and hunger. From a UN report:

- **Seven million children** in Syria live in poverty
- **Three: The age of the youngest Syrian children** who are working
- **2.8 million Syrian children** have been taken out of school
- **70% of Syrian children** have no access to reliable water
- **810,926 children** under age five have taken refuge in other countries

TRUCK BLOWOUT ON NOW AT BIRCHWOOD FORD
SAVE UP TO $18,600 ON SELECT 2015 MODELS!

2016 F-150 SUPER CREW XLT STK# R16406
WAS: $46,249
Now: $36,900
Costco Included
Lease for: $199 b/w*
Save $9,349!
48 MONTH LEASE!

2015 F-150 XLT STK# R15522
WAS: $48,599
Now: $29,995
Costco Included
Buy for: $182 b/w*
Save $18,604!
BLOW OUT PRICE!

Ask about our $2,500 best price guarantee & our no-extra charge
2 year maintenance package - Only at Birchwood Ford!

ELIGIBLE COSTCO MEMBERS RECEIVE $1,000 TOWARDS MOST NEW 2015/16 VEHICLES*

PLUS... Only Birchwood Ford has
2015 FORD MUSTANG
Premium Models Available!
We have 15 in stock starting at
$32,995 or $199 b/w*
YOU SAVE $7,654!!
Birchwood Ford is your EXCLUSIVE Shelby GT Dealer! 2016's Now in Stock!
STK# R157352

Birchwood FORD ON REGENT
1300 REGENT AVENUE WEST | LOCAL OR TOLL-FREE: 1-888-687-0391 | OR TEXT US AT: 204-296-8868
AON BEST EMPLOYER

*All offers on approved credit. Customer must present competitor's ad at time of purchase to receive Price Match Guarantee. 2 years free maintenance available on New, In-stock Ford vehicles at advertised price and Includes: 5 Oil Changes, 5 Tire Rotations, Replacement Air Filter & a set Wiper Blades! Financing offers on Stock# R157352/R15522 based on payments of $199/$182 bi-weekly for 96 months at 5.24% APR. Prices are plus PST & GST. Representative Finance Example: $40,000 financed at 5.24% over 96 months equals 208 equal payments of $235.61 with a total cost of borrowing of $8,967.09. Lease payments on Stock# R16406 calculated at 2.49% APR over 48 months with a total lease obligation of $20,696 plus PST & GST. Don't add anything to the Prices & Payments other than tax! Vehicles may not be exactly as shown, see Birchwood Ford On Regent for full offer details. Dealer permit #4454

Go grandmaster defeats computer

SEOUL

South Korean says he found weaknesses in AI program

A champion Go player scored his first win over a Go-playing computer program on Sunday after losing three straight times in the ancient Chinese board game, saying he finally found weaknesses in the software.

Lee Sedol's victory over AlphaGo is a reminder that Google's Go-playing program has room for improvement despite winning the first three matches in the best-of-five series and the $1 million US prize, which will be donated to charity. The program — the first computer system to defeat a top Go player — was developed by Google DeepMind two years ago.

"This one win is so valuable and I will not trade this for anything in the world," Lee, one of the best Go players in the world, said with a smile after entering the post-match news conference at a Seoul hotel to applause from journalists.

Lee had said earlier in the series, which began last week, that he was unable to beat AlphaGo because he could not find any weaknesses in the software's strategy.

But after Sunday's match, the 33-year-old South Korean Go grandmaster, who has won 18 international championships, said he found two weaknesses in the artificial intelligence program.

Lee said that when he made an unexpected move, AlphaGo responded with a move as if the program had a bug, indicating that the machine lacked the ability to deal with surprises.

AlphaGo also had more difficulty when it played with a black stone, according to Lee. In Go, two players take turns putting black or white stones on a 19-by-19-line grid, with a goal of putting more territory under one's control. A player with a black stone plays first and a white-stone player gets extra points to compensate.

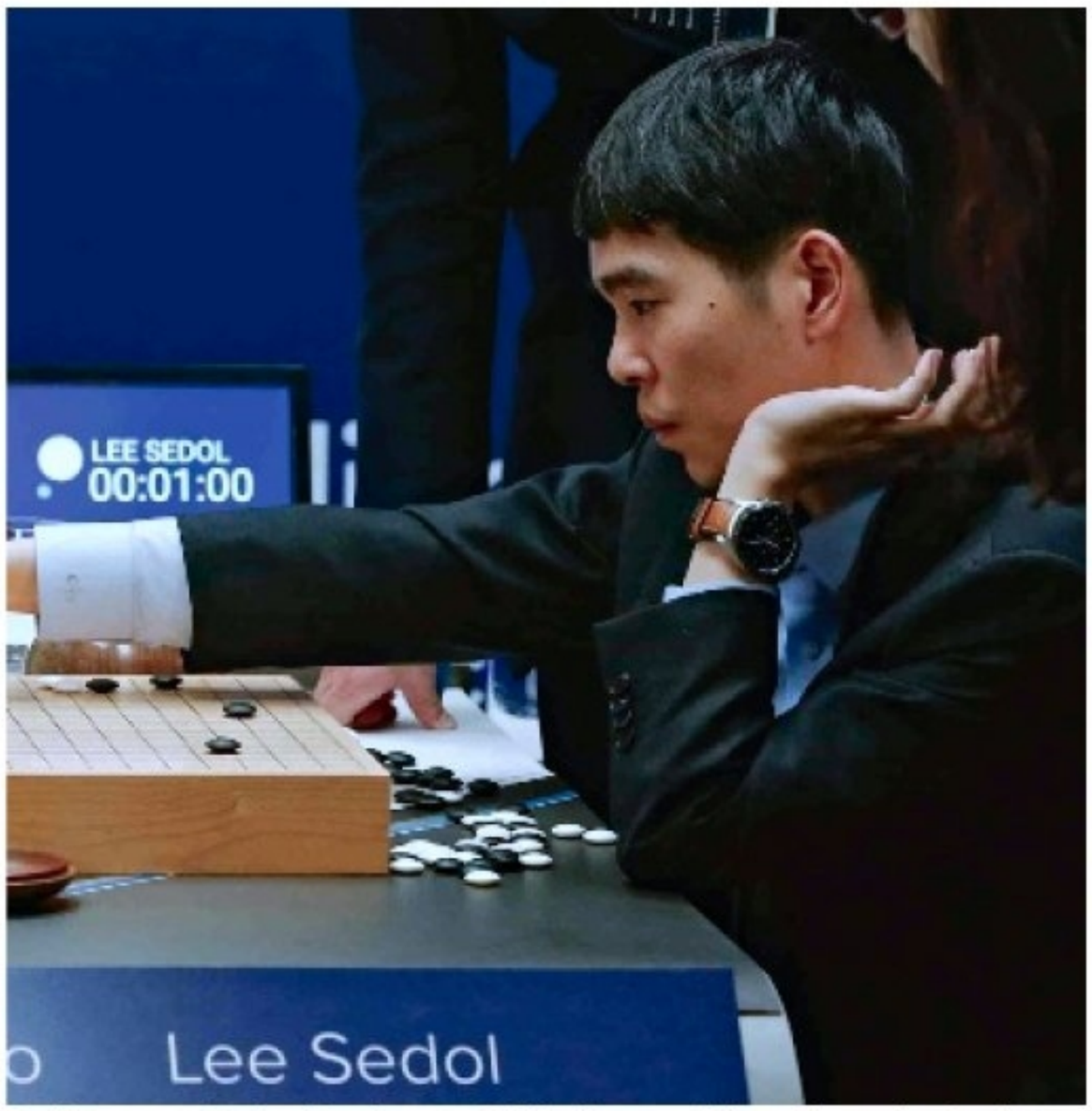
Lee played with a white stone on Sunday. For the final match, scheduled for Tuesday, Lee has offered to play with a black stone.

Three hours into Sunday's match, it became clear that Lee would finally notch a win. AlphaGo narrowed the gap with Lee, but could not overtake him, resigning nearly five hours into the game.

The popular Asian board game has remained the holy grail for the artificial intelligence community for about two decades, after chess was conquered by computers.

THE ASSOCIATED PRESS

> "This one win is so valuable and I will not trade this for anything in the world. Lee Sedol



South Korean professional Go player Lee Sedol reviews one of his matches against Google's artificial intelligence program, AlphaGo in Seoul, South Korea. THE ASSOCIATED PRESS

WE WANT TO HEAR FROM YOU

DOWNTOWN BIKE LANE SYSTEM
CONNECTING THE FORKS TO THE EXCHANGE DISTRICT
(FORT STREET, GARRY STREET, AND THE FORKS TO ASSINIBOINE AVENUE CONNECTION)

INTERACTIVE PUBLIC ENGAGEMENT WEBSITE:
View design options, post comments on the discussion board and provide feedback through an online survey. **www.winnipeg.ca/walkbikeprojects**

POP-UP ENGAGEMENT EVENTS:
Visit us to view the design options, speak with members of the project team, provide your feedback and ask questions regarding the study.

THREE POP-UP ENGAGEMENT EVENTS PRESENTING THE SAME MATERIAL FOR YOUR CONVENIENCE

PORTAGE & MAIN ROTUNDA	FORT GARRY PLACE MALL	THE FORKS
DATE: THURSDAY, MARCH 17, 2016	DATE: THURSDAY, MARCH 17, 2016	DATE: SUNDAY, MARCH 20, 2016
TIME: 11:30 AM - 1:30 PM	TIME: 3:00 PM - 5:00 PM	TIME: 12:30 PM - 2:30 PM
LOCATION: PORTAGE & MAIN UNDERGROUND ROTUNDA	LOCATION: 85 GARRY STREET	LOCATION: THE FORKS MARKET 1 FORKS MARKET ROAD

DROP-BY FORMAT (COME AND GO)

Project Contact: David Jopling I 204.943.3178 I joplingd@mmm.ca

Winnipeg

The City of Winnipeg is committed to developing a pedestrian and cycling network that is safe and accessible for people of all ages and abilities.

EMPLOYMENT

Ontario to test guaranteed income idea to ease poverty

A single paragraph buried in the Ontario budget could mean big changes in the lives of some of the province's most impoverished residents by giving them a guaranteed minimum income.

Last month's provincial budget promised a pilot project to test "that a basic income could build on the success of minimum wage policies and increases in child benefits by providing more consistent and predictable support."

The concept is on the radar of the federal Liberals, too — a Liberal-dominated parliamentary committee called on the Trudeau government to explore the concept of guaranteeing people a minimum income in a pre-budget report tabled Friday.

Charles Sousa, Ontario's finance minister, said the province has not decided which community will be the test site for a basic income guarantee.

"It's something that many people seem to have an interest in us testing out, so we're looking at something in the fall," he said. "Other jurisdictions are using it, and I want to see if it makes sense for us."

Proponents say a guaranteed minimum income, which would see families living below the poverty line topped up to a set level, would be more efficient and less costly than administering the existing series of social programs that help low-income residents.

They also say poverty is one of the biggest determinants of health, and a guaranteed minimum income could mean reduced health-care costs.

"Poverty costs us all. It expands health-care costs, policing burdens and depresses the economy," Sen. Art Eggleton said last month as he called for a national pilot project of a basic income guarantee.

About nine per cent of Canadians live in poverty, but the numbers are much higher for single mothers and indigenous communities.

If Ontario's basic income pilot project is designed correctly, it could help eliminate some of the "perverse incentives" that institutionalize poverty, said Danielle Martin, vice president of Women's College Hospital in Toronto. "We want to design programs that will give people who need it income security, but will not discourage them from entering the workforce," said Martin.

THE CANADIAN PRESS

MINCOME PROJECT

Experiment in 1970s
Canada experimented with a guaranteed minimum income in Dauphin, Manitoba in the early 1970s. The so-called Mincome project found it did not discourage people from working, except for two key groups: new mothers, and teenaged boys who opted to stay in school until graduation.

The Mincome project also found an 8.5 per cent reduction in hospital visits in Dauphin during the experiment, said Martin. "People had fewer visits because of mental health problems," she said. "There were fewer low birthweight babies, so very concrete and immediate impacts in terms of people's health."

SHOP BEFORE YOU BUY

Find this week's top vehicle deals in Winnipeg...

Birchwood HYUNDAI

SUPER LAUNCH EVENT

THE COMPETITION IS IN SUPER TROUBLE NOW

THE ALL-NEW 2017 ELANTRA GL AUTO

- ☑ SUPERSTRUCTURE™
- ☑ STANDARD HEATED FRONT SEATS
- ☑ HEATED LEATHER STEERING WHEEL
- ☑ BLIND SPOT DETECTION WITH REAR CROSS-TRAFFIC ALERT

PLUS GREAT OFFERS ON REMAINING 2016 MODELS

2016 **ELANTRA**

Stock# Y16211

STARTING AT $15,489

☑ INCLUDES DESTINATION & DELIVERY, BLOCK HEATER, AND LOCKING WHEEL NUTS

2016 **SANTA FE** LUX AWD

Stock# Y16014

WAS: $38,539
NOW: $32,994
SAVE $5,545!

☑ INCLUDES DESTINATION & DELIVERY, BLOCK HEATER, AND LOCKING WHEEL NUTS

†Finance offers available O.A.C. *Prices are plus PST and GST and include non-stackable cash credits & may not be combined with any other offer, including subvented interest rates. Offers end March 31, 2016. See Birchwood Hyundai for full details. Dealer permit #4423

Ervin Urizar, Sales Manager | Ian Siemens, Sales Manager | Andre Douglas, Used Sales Manager | George Pacolba-Bain, Sales Consultant | Nick Uranick, Sales Consultant | Leeto Fransisco, Sales Consultant | Carla Schillaci, Sales Consultant | Trevor Lubinski, Sales Consultant | Anita Sharma, Sales Consultant | Colby Charles, Sales Consultant | Gord Workum, Sales Consultant | Al Knight, Sales Consultant

Birchwood HYUNDAI
2420 McPHILLIPS ST.

GET INTO IT!

birchwoodhyundai.com
Call: 204-633-2420

Get pre-approved online at **birchwoodhyundai.com/credit**

SHOP THE BEST DEALS ON LEXUS AND TOYOTA MODELS:

Birchwood TOYOTA Call: 204-889-3700 birchwoodtoyota.ca | Birchwood LEXUS Call: 204-25-LEXUS birchwoodlexus.ca

OR

SHOP THE BEST DEALS ON EVERY KIA MODEL:

Birchwood KIA West | Call Today! 1-866-960-5335 birchwoodkiawest.ca

TOYOTA SMART BUY EVENT

BIRCHWOODTOYOTA.CA

70-3965 PORTAGE AVENUE · 204-889-3700

Lease or finance from as low as 0%◊◊ + Up to $1,000 Cash incentive on select 2016 vehicles***

STK#: T613949

2016 TOYOTA COROLLA LE

LEASE FROM $117 OR FINANCE FROM $124 PURCHASE FROM $21,511

STK#: T423335

2016 TOYOTA RAV4 AWD WITH UPGRADE PACKAGE

LEASE FROM $167 OR FINANCE FROM $186 PURCHASE FROM $30,511

EARN AEROPLAN MILES

Now you can earn Aeroplan Miles when you purchase, test drive, or service your Toyota vehicle at Birchwood Toyota.^

YOU WANT TO DRIVE THE BEST... NOW YOU CAN. LEXUS

2016 Lexus IS 300 AWD STK # L1146

Lease the NEW 2016 Lexus IS 300 AWD

$499*/mo OR PURCHASE $47,276*

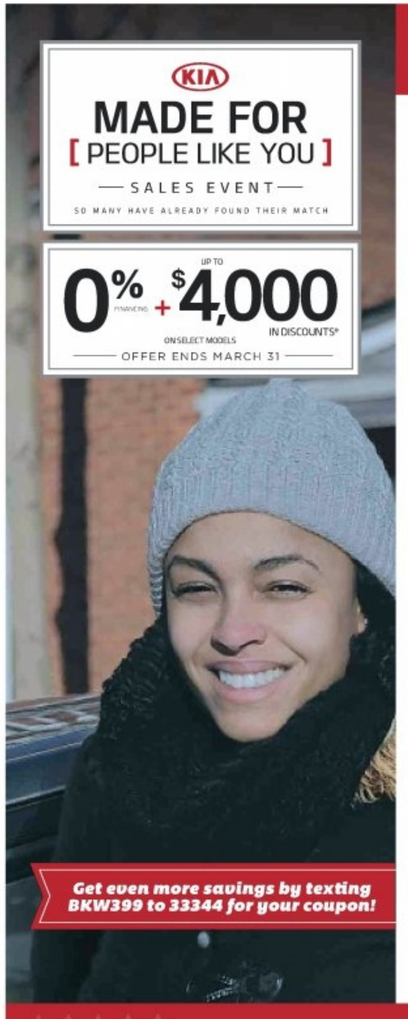
2016 Lexus NX 200t AWD STK # L9929

Lease the NEW 2016 Lexus NX 200t AWD

$499*/mo OR PURCHASE $44,626*

birchwoodlexus.ca | BIRCHWOOD LEXUS | 70-3965 Portage Ave, Winnipeg, MB 204-25-LEXUS

TOYOTA: All prices and payments are plus PST and GST. Semi-monthly lease payments on 2016 Corolla LE / 2016 RAV4 LE AWD $117 / $167 at 1.49% / 2.49% APR OAC and leased over 60 months with a total lease obligation of $13,800 / $20,040 plus taxes. 20,000 kilometre/year allowance with excess kilometres charged at $0.07 per kilometre. Bi-weekly finance payments on 2016 Corolla LE LE / 2016 RAV4 LE AWD are based on a purchase price of $21,511 / $30,511 and calculated at 1.49% / 2.99% APR over 84 months. OAC. Representative Finance example: $25,972 financed at 2.49% APR equals 182 equal payments of $181 plus taxes with a total cost of borrowing of $2,635.89. ^Vehicle purchase offers valid until March 31st, 2016, are not retroactive and apply to Toyota vehicles only. Test Drive: New vehicles only. Maximum 1 test drive/30 days. 3 test drives/calendar year per Aeroplan Member. Purchase: New vehicle retail purchase/lease. Toyota vehicle must be purchased, registered and delivered between March 1, 2016 and March 31st, 2016. Service: Service offers valid until March 31st, 2016. Offers valid until month-end unless otherwise extended. see Birchwood Toyota for full offer details. Dealer permit #0025. ®Aeroplan and the Aeroplan logo are registered trademarks of Aimia Canada Inc. LEXUS: *All prices and payments are plus PST and GST. Monthly lease payments on 2016 Lexus IS 300 / 2016 Lexus NX are $499 plus PST and GST at 1.9% / 2.5% APR OAC and based on a price of $47,276 / $44,626 with $3,999 down, leased over a 39 months with a total lease obligation of $23,460 plus taxes. 16,000 km/year allowance with excess kilometres charged at $0.20 per km. Factory order may be required. Offers valid until month-end unless otherwise extended. While quantities last. See Birchwood Lexus for full offer details. Dealer permit #0025.


KIA
MADE FOR
[PEOPLE LIKE YOU]
SALES EVENT
SO MANY HAVE ALREADY FOUND THEIR MATCH
UP TO
0% FINANCING + $4,000 IN DISCOUNTS* ON SELECT MODELS
OFFER ENDS MARCH 31
Get even more savings by texting BKW399 to 33344 for your coupon!

On Now at Birchwood Kia West!

2016 FORTE SEDAN EX AUTOMATIC

REGULAR PRICE: $24,960

Birchwood Kia West Sale Price: $18,997*

You Save $5,963!

"Every time I walk up to the car I simply just smile."
-Kevin T., Kia Owner

5-Star Safety Ratings

FEATURES INCLUDE:
- 6-speed Automatic
- Rearview Camera
- UVO Infotainment System
- 17" Alloy Wheels
- Bluetooth® Technology
- Cruise Control
- Power Windows, Mirrors and Door Locks

STOCK #E16119

2016 SOUL EX AUTOMATIC

REGULAR PRICE: $24,080

Birchwood Kia West Sale Price: $18,949*

You Save $5,131!

2015 SOUL "HIGHEST RANKED COMPACT MULTI-PURPOSE VEHICLE IN INITIAL QUALITY IN THE U.S." BY J.D. POWER

FEATURES INCLUDE:
- 2.0L GDI Engine
- 6-speed Automatic
- Fog Lights
- Heated Front Seats
- SIRIUSXM® Radio
- Bluetooth® Technology
- Cruise Control
- Power Windows, Mirrors and Door Locks

STOCK #E16176

5-YEAR WARRANTY • 5-STAR SAFETY RATED
5-YEAR ROADSIDE ASSISTANCE

KIA
The Power to Surprise

5 Year Warranty
WE'VE GOT YOU COVERED
*5-year/100,000 km worry-free comprehensive warranty.

100-3965 Portage Avenue
Pointe West AutoPark
Local/Toll-Free: 1-866-960-5335
birchwoodkiawest.ca

*All prices and payments plus PST and GST. Φ0% financing for up to 84 months OAC or up to $4,000 discount available on select 2015/2016 models. Discount is deducted from the negotiated purchase/lease price before taxes. Vehicles may not be exactly as shown. See Birchwood Kia West for full details. Dealer permit #4302.

BIRCHWOOD CLEARANCE

Before you buy any new or pre-owned vehicle, check if it's on clearance!
birchwoodclearance.com

BIRCHWOOD CLEARANCE

Virtually every make and model available.

Before you buy anywhere, check if it's on clearance at **birchwoodclearance.com**

2015 KIA SOUL LX
WAS: $22,319
NOW: $19,999
BIRCHWOODCLEARANCE.CA
STOCK #K16378

2013 AUDI Q5 2.0L S-LINE
WAS: $36,999
NOW: $35,197
BIRCHWOODCLEARANCE.CA
STOCK #BU5196

2007 NISSAN VERSA
WAS: $9,899
NOW: $8,798
BIRCHWOODCLEARANCE.CA
STOCK #KU091

2012 NISSAN ALTIMA 2.5 S
WAS: $12,999
NOW: $9,918
BIRCHWOODCLEARANCE.CA
STOCK #L16066A

2016 ACURA MDX ELITE
WAS: $61,981
NOW: $55,994
BIRCHWOODCLEARANCE.CA
STOCK #S103A

2008 HONDA ACCORD EX V6
WAS: $12,998
NOW: $10,995
BIRCHWOODCLEARANCE.CA
STOCK #BU5133

2008 MAZDA 3 GT
WAS: $11,770
NOW: $10,999
BIRCHWOODCLEARANCE.CA
STOCK #T430024A

2015 CHEVROLET CITY EXPRESS
WAS: $28,495
NOW: $24,436
BIRCHWOODCLEARANCE.CA
STOCK #G15584

2016 KIA FORTE LX
WAS: $18,460
NOW: $14,777
BIRCHWOODCLEARANCE.CA
STOCK #E16133

2014 HYUNDAI ACCENT GL
WAS: $13,654
NOW: $12,524
BIRCHWOODCLEARANCE.CA
STOCK #BU5397

2014 DODGE JOURNEY SXT
WAS: $18,475
NOW: $17,449
BIRCHWOODCLEARANCE.CA
STOCK #BU5246

2014 FORD FOCUS SE AUTO
WAS: $13,995
NOW: $12,789
BIRCHWOODCLEARANCE.CA
STOCK #BU4405

2014 INFINITI Q50 PREMIUM
WAS: $38,990
NOW: $34,988
BIRCHWOODCLEARANCE.CA
STOCK #IU0088

2014 FORD F-150
WAS: $38,921
NOW: $28,441
BIRCHWOODCLEARANCE.CA
STOCK #4839

2009 TOYOTA RAV4
WAS: $14,998
NOW: $12,9921
BIRCHWOODCLEARANCE.CA
STOCK #T426008A

2014 HYUNDAI ELANTRA GL
WAS: $15,598
NOW: $13,594
BIRCHWOODCLEARANCE.CA
STOCK #BU5388

2013 FIAT 500 ABARTH
WAS: $17,721
NOW: $14,933
BIRCHWOODCLEARANCE.CA
STOCK #R333AA

2013 HONDA CIVIC
WAS: $16,798
NOW: $14,975
BIRCHWOODCLEARANCE.CA
STOCK #H16371A

2016 KIA RIO LX+
WAS: $19,945
NOW: $14,948
BIRCHWOODCLEARANCE.CA
STOCK #E16161

2007 FORD RANGER FX4 4WD
WAS: $12,897
NOW: $11,729
BIRCHWOODCLEARANCE.CA
STOCK #R15667A

All prices plus PST & GST. Vehicles available at time of printing, see birchwoodclearance.com for current inventory and details. Dealer Permit # 9405

Want the best deal? Shop birchwoodclearance.com

metro VIEWS

Your essential daily news

Monday, March 14, 2016

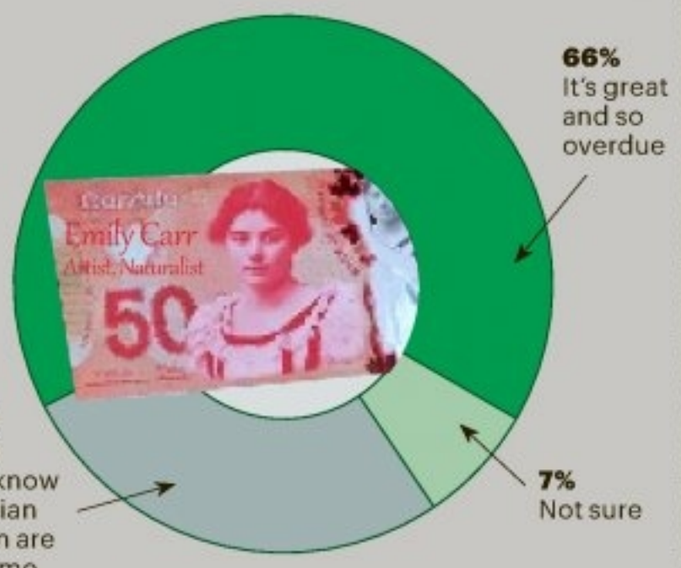
UNDER FIRE
Top experts have shot holes in the data used for a Lancet study claiming strict gun control would decimate firearm deaths in the U.S.

METRO MONDAY POLL

Who should be the lady on our money?

Author? Astronaut? Activist? We asked our readers to choose who should be on the new bank notes Prime Minister Justin Trudeau has confirmed will picture an iconic Canadian woman starting in 2018. Though the real bill will feature a woman who died in 1991 or before, we asked for all your suggestions — and you came up with more than a few formidable females worthy of the honour.

1 What do you think about women on currency?



2 Who would you pick to be on the new bills?

18% Nellie McClung (women's rights activist)
16% Laura Secord (hero of the War of 1812)
9% Kim Campbell (prime minister)
8% Viola Desmond (civil rights activist)
6% Emily Howard Stowe (first Canadian female doctor)
6% Roberta Bondar (astronaut)
5% Emily Carr (painter)
5% Lucy Maud Montgomery (author)
27% Other

WE ASKED Metro readers

All of the Famous Five! No other group of women has done more for women in Canada.

E. Pauline Johnson (Tekahionwake), for her poetry celebrating Aboriginal heritage.

Why not do a full series of bills using women? Don't women deserve more than a 'Oh Ya One Woman Did Something'?

(First female MP) Agnes MacPhail, because she devoted her life to service of Canada and increasing opportunities for Canadian women.

visit metronews.ca
HAVE YOUR SAY

A case of coincidences on police budget day

INSIDE THE PERIMETER
Shannon VanRaes

A police officer once told me something that resonated. He said, "I don't believe in coincidences."

But apparently outgoing Police Chief Devon Clunis does, and he wants Winnipeggers to believe in them too. Just three and a half years into the job, the 52-year-old announced his retirement last week — shortly after it became clear the Winnipeg Police Service is facing a $2.45-million budget shortfall.

Maybe it was a coincidence, maybe it wasn't.

But there's no doubt when it comes to the tough row the service will have to hoe, as it struggles to face up to budgetary constraints, while also seeking to replace an arguably effective and well liked chief.

The reason for the shortfall wasn't immediately apparent, but given the hefty increase to the service's budget this year it's troubling. Mayor Brian Bowman has pointed out that the service is already receiving an additional $16.7 million in this year's budget, or a funding increase of 6.32 per cent.

Perhaps it's just another coincidence, but in 2014 the Fraser Institute released a report that named Winnipeg as having one of the country's least efficient police forces.

The report's author Livio Di Matteo notes that between 2001 and 2012 crime in Canada fell by more than 26 per cent, while the number of officers per 100,000 citizens grew by an average of 8.7 per cent. According to Statistics Canada, criminal code offences actually peaked in 1991, and have been basically decreasing ever since.

And despite routinely being named Canada's murder capital, Winnipeg has also seen a decrease in crime.

It might be tempting to attribute falling crime rates to the increasing number of police officers, but most experts don't. Some economists have linked falling crime rates to the accessibility of abortion and a decreased number of unwanted children, while others see improved education and better social welfare as the catalyst.

Community policing models focused on inclusion and prevention — like those championed by Clunis — have been effective as well. The question is, can that model be maintained if the books are balanced? And does that model need to be maintained?

The Winnipeg Police Service's recent purchase of an armoured vehicle also seems to suggest community policing isn't popular throughout the ranks — not that militarization is any cheaper. The tank-like vehicle cost a cool $342,800. And that is to say nothing of the ballooning costs of the service's new headquarters or the massive amount of money it takes to keep the police helicopter airborne, which the service says also needs pricy new equipment.

This year's shortfall is the topic at hand, but Winnipeg's policing overruns won't be solved in one budget. Tough questions need to be asked about what is needed and necessary, and what isn't.

More importantly, it's time for Winnipeg to engage in a frank discussion about what type of policing the city needs and how we are going to pay for it.

Shannon VanRaes is a Winnipeg-based journalist and photojournalist who spends her days contributing to the Manitoba Co-operator and her nights covering urban affairs. She can be reached on Twitter @ShannonVanRaes.

ROSEMARY WESTWOOD

metroview

What assisted-dying advocates can learn from the abortion fight

Anyone watching the assisted-dying debate will see the similarities to abortion.

David Nash, chair of the Catholic Health Association of Ontario, does. Interviewed recently by CBC's Anna Maria Tremonti, he said, "We've been through this before, and uh, with these arguments..."

"On what?" Tremonti pressed.

"Well, on, on, on, reproductive issues," Nash said, leaving Tremonti to actually say the word.

"On abortion," she clarified.

"Yeah."

That Nash had trouble even saying the word speaks volumes for the stigma that still surrounds women's right to an abortion in Canada — something that is legal, but governed by no law.

Like abortion, some doctors and health institutions say the practice goes against their conscience (only 29 per cent have said they'll perform it, according to the Canadian Medical Association).

Like abortion, assisted death is legal, like it or not. But legality doesn't mean accessibility, as abortion seekers in many rural areas will attest (or anyone in P.E.I., which is being sued for failing to provide abortion access).

For assisted-dying advocates, abortion offers a warning. And for abortion advocates, the assisted-dying laws could offer hope.

Let's begin with the warning. Dr. Wendy Norman, the Canadian Institutes of Health Research chair in family planning, says provinces with equitable abortion access have laws that require abortion services to be spread across population centres. Without that, she says, "There's gross inequity" for rural areas. In other words: If we don't mandate access, people will be denied their rights.

Even Mifegymiso, the abortion pill soon to be available in Canada, may not solve the issue, Norman warns. Thanks to Health Canada rules, only doctors, not pharmacists, will be allowed to dispense the drug. Those rules could lessen the number of doctors willing to prescribe it, she warns. In other words: If you make it burdensome for physicians, that may hinder care.

Now, for hope. If assisted dying becomes easily accessible, that could aid advocates for better abortion access. The joint parliamentary committee report made it explicit that all publicly funded health institutions should provide assisted dying. While that seems unlikely, and maybe not necessary, a push to normalize and destigmatize the ending of life could help wash away the stigma still clinging to abortion. Norman noted, despite being proud to provide them, rural physicians who offer abortions tend to keep the practice quiet.

metro
Your essential daily news

STAR MEDIA GROUP PRESIDENT
John Cruickshank

VICE PRESIDENT & EDITOR
Cathrin Bradbury

VICE PRESIDENT & GROUP PUBLISHER METRO WESTERN CANADA
Steve Shrout

MANAGING EDITOR WINNIPEG
Elisha Dacey

ADVERTISER INQUIRIES
adinfowinnipeg@metronews.ca
General phone 204-943-9300

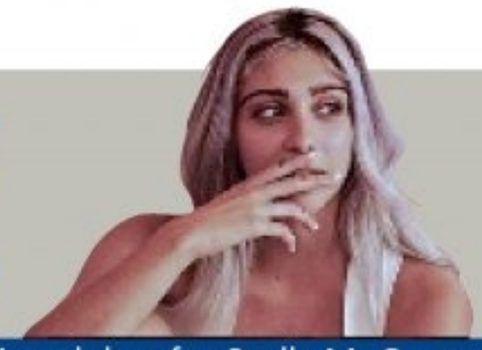
FREE TO SHARE

PHILOSOPHER CAT
by Jason Logan

Philosopher cat now at
www.mymetrostore.ca

metro LIFE

Your essential daily news



Madonna's daughter Lourdes Leon makes modeling debut for Stella McCartney

Can Yolanda and Annick meet their financial goals? **Metro's finance guru Lesley-Anne Scorgie** is almost out of time to help the women tackle their largest financial burdens and teach them to allocate resources.

What giving is really worth

LESLEY-ANNE SCORGIE
metro*money*

THE CHALLENGE: Two young women want to change their lives by transforming their finances and creating a plan to achieve their top goals. For 27-year-old Yolanda, that is eventual home ownership and for 24-year-old Annick, that's getting out of debt. Join the conversation #MetroMoney-Makeover @LesleyScorgie.

THIS WEEK: Should Yolanda stop tithing to her church or cancel her subscription to sponsor two children in developing countries? If so, she'll be able to amp-up her savings for a down payment, but it might break her heart in the process.

NEXT WEEK: Annick has to file her taxes and create a plan for her expected return. But, what will she do if, like last year, she's on the hook to pay-up? The case for emergency funds and a higher income gets stronger by the week.

LESLEY-ANNE SCORGIE IS A BESTSELLING AUTHOR AND FOUNDER OF MEVEST, A MONEY COACHING SERVICE FOR CANADIANS. FOLLOW HER @LESLEYSCORGIE

THE SITUATION

Yolanda's frugality is paying off. She's up to $600 per month in savings towards a down payment and once she's moved back in with her mom, she'll be able to save an additional $200 per month.

To smooth out Yolanda's monthly cash flow, we rescheduled her regular contributions into her TFSA, RRSP and savings account (a.k.a. her buffer account) from monthly to bi-weekly. That aligns with her bi-weekly paycheques and now she won't feel squeezed on the first of every month.

I've bit my tongue for over two months now, but finally asked Yolanda whether she believes she can afford to continue giving away $350 per month. Since she was young, her motto has been to give 10 per cent, but because she's got a huge generous heart, one child-sponsorship turned into two, which then turned into tithing more to her church and, voila, 10 per cent turned into 15.

After thoughtful consideration, Yolanda has decided to pare back her donations to $260 per month starting in April. She will still get the deep pleasure of knowing she's helping others, but not at the expense of pushing out her financial goals another few years.

THE LESSON

Besides getting ripped off, there are very few things that irritate me more than when I hear "I can't give because I don't have any money."

Giving happens in a variety of ways — volunteering and money. During various stages of your life you'll have more money than time, or vice versa.

Giving is a critical component of any rock-solid financial plan because there is a return on investment when you give — investor types call this ROI.

Not only does it help strengthen the fabric of our community (and reduce strain on important social systems), it leads to job and leadership opportunities, increased sales and expanded networks.

Even when mega-wealthy people were poor and just starting out, most made giving a priority, just like Yolanda.

When polled, rich people often attributed their financial success to spending within their means, saving for the future and giving back.

Yolanda doesn't make gobs of money. But with her $41,000 annual income per year, she's chosen to follow in the footsteps of rich people; making giving a "need" rather than a "want."

Yolanda revisits her charitable donations. LIZ BEDDALL/METRO

$ NET WORTH

THE PROGRESS

Yolanda is kicking financial butt! Since first meeting her in December 2015, she's increased her net worth by $2,450!

Assets	Dec-15	Mar-16
TFSA	$400	$800
RRSP	$600	$1,100
Savings	$0	$150
Pension	$3,300	$4,700
Total Assets	**$4,300**	**$6,750**
Liabilities		
VISA	$0	$0
Master Card	$0	$0
Total Liabilities	**$0**	**$0**
Net worth	**$4,300**	**$6,750**

Taking Care of Business

Offering Accounting & Payroll, Business Admin. and Office Assistant programs

HERZING COLLEGE

herzing.ca/winnipeg • 204.775.8175

ABCs of budgeting for variable income

CASH FLOW

Set priorities to stay in control of income swings

Gail Vaz-Oxlade
For Metro Canada

Over the years a lot of people have told me that they're "budget challenged" because they're dealing with a variable income.

From people who have wide swings in income because they work seasonally to folks who don't know how much they'll be bringing home from one month to the next, a variable income seems to make budgeting impossible.

But if you're bringing money home and planning to spend it, then setting some priorities for where that money will go only makes sense. So budget you must.

Your "A" budget

If your work efforts bring in $800 one month and $2,000 the next you have to smooth out your cash flow. Do up a budget that covers all your basic monthly costs: basic food, shelter, and transportation. The we-can-live-without-it items like clothes, toys, and partying don't make it to this list. However, savings and debt repayment do. This is your "A" budget.

Your "B" budget

Your "B" budget covers things like extra nice food, home maintenance and property-taxes or home insurance: needs that can be dealt with less regularly.

Your "C" budget

Your "C" budget includes money for wants like clothes and entertainment. In your skinny months — when you bring home less — you concentrate on the A budget. When you make more, you can use your B or C budget. So in the month you make only $800, you can only spend on A items. When you make more, you can spend more on B and C items.

For skinny months

Set a goal to save up to one month's worth of expenses so that in those skinny months, you have a pool from which to pull, to even out your cash flow so you can still pay your cell phone bill and have the odd night out. If one member of a couple has a regular income, and the other doesn't, the partner's steady income could be your A budget and anything the other person makes goes to fund B and C budget items.

Saving a down payment

Saving for major goals when you have an irregular income can also be very challenging. How can you possibly save a down payment when you don't have a steady income? Sorry folks, I don't know if you can. Only you know if you ever have enough to put aside for a long-term goal like home ownership. In the best of all worlds, "down payment" would be one of the things on your budget and you'd slide a specific amount away every month. But on an irregular income, that may be just an exercise in frustration. Maybe you and your mate can get a specific part-time job where all the money from that job goes into your down payment account. If it's something you enjoy anyway — walking dogs, sitting kids, shopping for other people who have no time — then it won't feel as onerous.

Stash of cash

Living on a variable income is not always easy. I know. I've been self-employed forever and when I had my kids I had no income at all while I was on mat leave. So I had to have a whack of money set aside. But twitching about money is dumb. You do what you have to do to make your budget work — including making sure you have a stash of cash for those lean months — and then you spend the rest of your time having a life. It can be done.

For more money advice, visit Gail's website at gailvazoxlade.com

When the money you bring home fluctuates each month, start by budgeting for the basics. ISTOCK

EDUCATION

Stationary bikes put a whole new spin on classroom learning

Andrew Tilley, 5, on a classroom bike. THE CANADIAN PRESS

Frustrated at her inability to draw a sofa, five-year-old Mylee Lumsden began to cry.

She liked her drawing of a TV, but the couch confounded her, and so she grew increasingly upset.

Her teacher, Mary Theresa Burt, looked at the brewing storm, and suggested the little girl take a turn on the bright yellow stationary bicycle at the centre of her primary classroom at Ian Forsyth Elementary School.

Mylee started pedalling, her shoulder-length hair bouncing in time. Within minutes, it was as if a switch had been flicked — she was bright again, cheerful, and smiling widely.

"I go on the bike when I'm feeling a little bit sad," Lumsden cooed, her little legs rapidly pedalling. "It makes me feel happy."

The tiny yellow bike is a symbol of a growing revolution in Canadian classrooms — and beyond. Students used to be taught to stay quiet and stay still, and those who couldn't — boys, especially — often found themselves in trouble.

Now, amid a shift in how educators understand and embrace various styles of learning, such bikes are helping to boost moods, relieve stress and regulate energy in students of all ages.

Luke MacDonald — a local fitness club owner who led the charge to bring the silent, stationary exercise bikes into Halifax-area classrooms roughly three years ago — said children are taught to hop on the bike whenever they're feeling restless, tired, stressed, sad or essentially whenever they feel like it.

"When that kid transfers that information home, and they run on the spot or they do jumping jacks when they start feeling stressed, that's self-regulation. And that can change the trajectory of a five-year-old kid for the rest of their life."

THE CANADIAN PRESS

metro
Tell us how you really feel.
Join our online reader panel and help make your Metro even better.
metronews.ca/panel

NOW HIRING
FULL TIME
WITH ADVANCEMENT
STARTING AVG. $15-25/HR
CALL FOR MORE INFO
204-202-6919
FULL JOB TRAINING PROVIDED

Job Ready in as Little as 5 Months!
Health Care Aides are in High Demand!!
New Classes starting NOW!
CALL TODAY
Academy OF LEARNING COLLEGE
North
77 Redwood Ave
204-582-9400
South
297 St Mary's Rd
204-478-8884
academyoflearning.com

Jacob Tremblay charms the red carpet

CANADIAN SCREEN AWARDS

Room, Hyena Road, Book of Negroes big winners

The Canadian Screen Awards has made plenty of room for Room — a taut mother-son drama that emerged as a late-blooming Oscar contender and made a star out of its nine-year-old leading man.

Jacob Tremblay won for best performance by an actor in a leading role for the Canadian-Ireland co-production; his co-stars, Oscar-winner Brie Larson and Joan Allen won best actress in a leading role and best actress in a supporting role, respectively; while Emma Donoghue won for best adapted screenplay for the thriller.

The film — about a precocious five-year-old who learns he's spent his entire life in captivity — had headed into the gala with a leading 11 nominations, winning nine.

Credit much of that to its pint-sized leading man Tremblay, who was just seven when filming took place in Toronto.

Aunjanue Ellis wears a dress with a slogan as a protest against the presence of the Confederate Flag on Capitol Hill, as she stands on the red carpet with cast members from the TV show Book of Negroes. The CBC show is this year's leading TV series with 10 wins. THE CANADIAN PRESS

The Vancouverite exploded into a media darling this awards season after aww-inducing appearances at the Screen Actors Guild Awards, the Critics' Choice Awards and the Academy Awards.

Despite his Hollywood success, Tremblay said it was good to be home.

"I'm Canadian so it's pretty good to be recognized in my hometown," Tremblay said on the red carpet.

"I'm not really used to all this stuff and I still get nervous at these shows but this is like one of the first Canadian awards show I'm going to. It's probably the only one, so I'm excited."

Other big winners Sunday included the Paul Gross war film Hyena Road, which collected three awards in technical categories including overall sound, sound editing and visual effects.

Meanwhile, the Canada-U.K.-Ireland co-production Brooklyn scored wins for best cinematography and original score.

On the TV side, over the course of the CSA awards week, CBC's Schitt's Creek was the leading comedy with nine wins in total while Space's clone drama Orphan Black had seven.

CBC's acclaimed miniseries The Book of Negroes collected 10 trophies in total, including wins for lead actress Aunjanue Ellis, lead actor Lyriq Bent and supporting actress Shailyn Pierre-Dixon. It also won best limited series.

Donoghue, who also wrote Room the book, said she was glad to have one last celebration with Tremblay in Canada.

"Because we made Room in Toronto and then we really launched it at (the Toronto International Film Festival), it feels like the completion of the circle so I couldn't be happier.

"This is kind of like a wonderful farewell party to this whole crazy year," said Donoghue, adding that Tremblay has remained "a very natural, down-to-earth kid with good manners."

"I suppose we shouldn't try and insist that he spend his life as an actor but I hope he does because he has a rare and beautiful talent for it and he clearly enjoys it."

THE CANADIAN PRESS

ROCK OUT MUMFORD AND SONS POP CITY AND COLOUR MAROON 5 IMAGINE DRAGONS FLORENCE & THE MACHINE 21 PILOTS CHILL OUT ED SHEERAN THE WEEKND TAYLOR SWIFT ALTERNATIVE ROCK ELLIE GOULDING
Fresh RADIO 99.1 MODERN MUSIC

YOU'RE MORE THAN ONE THING.
SO ARE WE.

YOU COULD WIN A VIP TRIP TO
JUNO AWARDS
INCLUDING ROUND TRIP AIRFARE, HOTEL ACCOMMODATIONS, TICKETS TO THE 2016 JUNO AWARDS AND MORE!
TO ENTER, GO TO: METRONEWS.CA/CONTESTS
NO PURCHASE NECESSARY. CONTEST OPEN TO RESIDENTS OF CANADA (EXCLUDING QUEBEC) WHO HAVE REACHED THE AGE OF MAJORITY IN THE PROVINCE IN WHICH THEY LIVE. ODDS OF WINNING DEPEND ON THE NUMBER OF ELIGIBLE ENTRIES RECEIVED. SKILL TESTING QUESTION REQUIRED. THERE IS ONE PRIZE TO BE AWARDED WITH A VALUE OF $5,530.00 CAD. CONTEST OPENS AT 6:00 A.M. ET ON MARCH 7, 2016 AND CLOSES AT 9:00 A.M. ET ON MARCH 18, 2016.
metro
#JUNOS
JUNOAWARDS.CA
FACTOR Canada RADIO STARMAKER FUND Alberta Government Calgary calgary TD

Will bachelor Ben pick JoJo or Lauren?

Three little words and two women add up to a tough decision for Ben Higgins in Monday's Season 20 finale of The Bachelor. The 27-year-old software account manager told both of the women that he loved them, which makes deciding which heart to break harder than usual. TORSTAR NEWS SERVICE

PHYSICAL ATTRACTION

JoJo Fletcher, 24

Hometown
Dallas, Texas

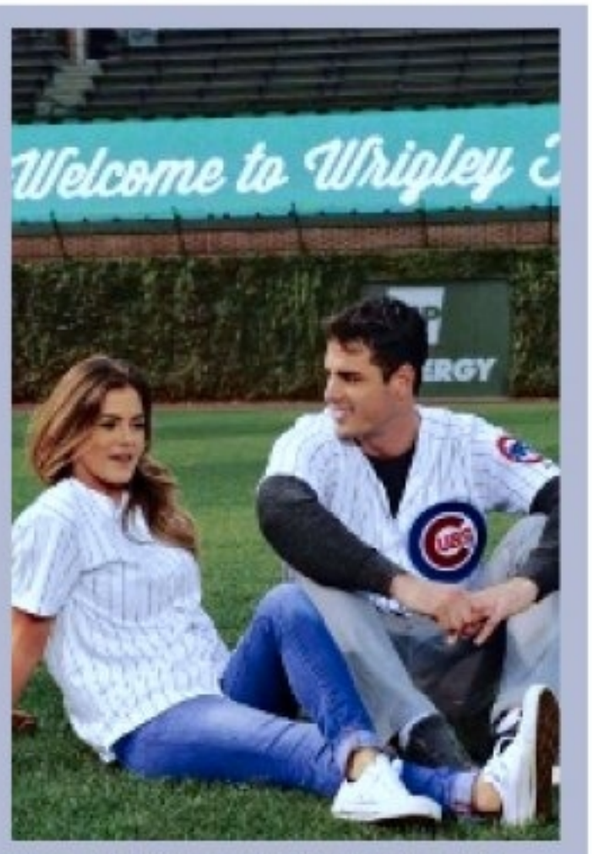
Occupation
Real estate developer

Best date
Playing ball with Higgins at Chicago's Wrigley Field, which showed off her fun-loving vibe.

Faux scandal
Her brothers accused Higgins of brainwashing the women on the show.

Why she could be the one
Higgins has said he feels the most himself with Fletcher, and he didn't cut and run when her overprotective brothers gave him a hard time in Dallas.

Why she might not
The bits of their relationship we've seen seem based on physical chemistry, suggesting he's more in lust than love.



Ben and Jojo playing ball at Wrigley Field.

THE GIRL NEXT DOOR

Lauren Bushnell, 25

Hometown
Portland, Ore.

Occupation
Flight attendant

Best date
Helping shepherd sea turtles back to the ocean in Jamaica, which showed off her unassuming, girl-next-door vibe.

Faux scandal
A jealous contestant told Higgins that Bushnell was two-faced.

Why she could be the one
She's been a front-runner all season. She and Higgins made a seemingly genuine connection on Night 1 and he has said he can't imagine his life without her.

Why she might not
The franchise has a history of editing women to look like front-runners who turn out to be also-rans.

Ben and Lauren on a date in her hometown.

JOHANNA SCHNELLER WHAT I'M WATCHING

Marcia Clark's struggle all too real

THE SHOW: American Crime Story: The People vs. O.J. Simpson, Season 1, Episode 6 (FX)
THE MOMENT: The Tampons

Marcia Clark's struggles as a female attorney in The People vs. O.J. Simpson should be taught in university feminist classes, writes Johanna Schneller. CONTRIBUTED

Marcia Clark (Sarah Paulson, excellent), the lead attorney prosecuting O.J. Simpson, and a single mother, has had a lousy week. Simpson's pricey lawyers — four men — humiliated her in court when she said she needed to get home to her two sons. Her ex-husband is suing for custody. Her previous ex sold nude photos of her to the tabloids.

What's worse, radio stations are running call-in "Babe or Bitch" polls about her, TV pundits declare her clothes "frumpy," and her haircut is national news. Now, after a long day, she's picking up a few things at the market — including a box of Tampax.

"Whoo-eee," says the 20-something male cashier, ringing up the tampons. "The court is in for a tough week, huh?" Clark, too exhausted to protest, can only stare at him.

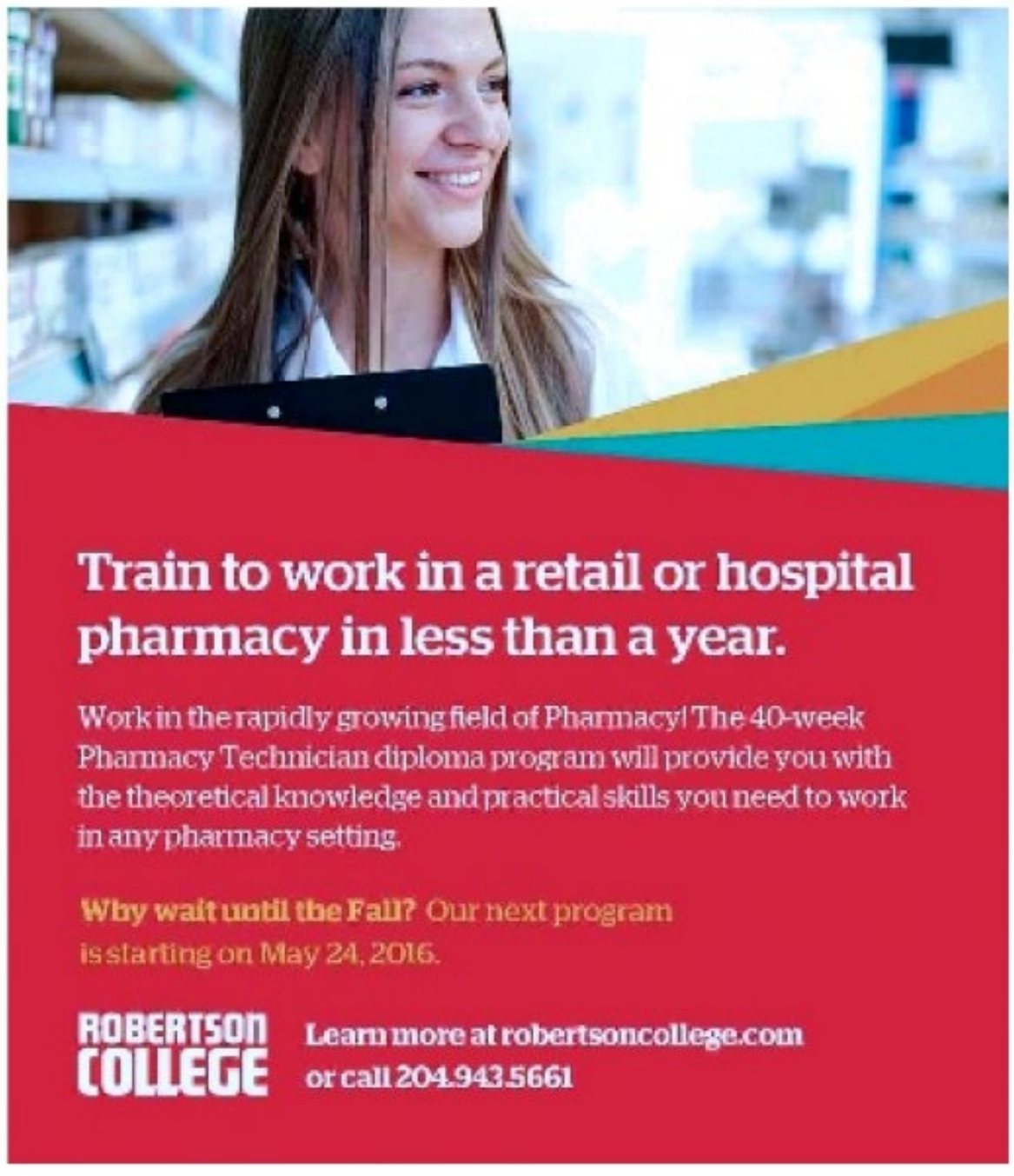
I've written about this series before, and I'll likely keep writing about it, because it is just dazzlingly good — trenchant, contemporary social commentary, woven seamlessly into terrific drama.

This episode in particular, written by D.V. Devincentis (High Fidelity) and directed by the prolific Ryan Murphy (also a co-producer), should be taught in any university class with the word "feminist" in it. Female bosses should screen it for employees who don't understand what they've endured. Hillary Clinton should play it on endless loop to school her haters.

Clark rose to a position of power, and justifiably so. But no one in the big, bad world liked it.

She was filleted, mercilessly and without let-up — and this was the 1990s. This episode made me cry.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.


Train to work in a retail or hospital pharmacy in less than a year.
Work in the rapidly growing field of Pharmacy! The 40-week Pharmacy Technician diploma program will provide you with the theoretical knowledge and practical skills you need to work in any pharmacy setting.
Why wait until the Fall? Our next program is starting on May 24, 2016.
ROBERTSON COLLEGE
Learn more at robertsoncollege.com or call 204.943.5661

metro SPORTS

Go to metronews.ca for coverage of Sunday night's Brier final between Alberta's Kevin Koe and Newfoundland and Labrador's Brad Gushue

McEwen's bid for bronze nipped by Jacobs in 11th

BRIER

Manitoba skip forced extra end with double takeout

Northern Ontario's Brad Jacobs put a couple of tough losses behind him on Sunday afternoon by edging Manitoba's Mike McEwen 7-6 to win bronze at the Tim Hortons Brier.

SUNDAY in Ottawa

7	6
N. ONTARIO	MANITOBA

Jacobs was the only unbeaten team in round-robin play at TD Place but two straight playoff defeats sent the reigning Olympic champion to the third-place game.

McEwen forced an extra end with a double takeout to score a pair. Jacobs had hammer in the 11th end and drew to the four-foot for the victory.

"This raises our spirits a little bit," Jacobs said. "Coming back out here and playing well and winning a bronze medal is something that I think we'll be proud of. And like I said, it feels good. We were really feeling the pain of those two losses last night so this lifts our spirits."

Mike McEwen and Brad Jacobs share a smile on Sunday in Ottawa. ADRIAN WYLD/THE CANADIAN PRESS

> **Coming back out here and playing well and winning a bronze medal is something that I think we'll be proud of.**
> Northern Ontario skip Brad Jacobs

Newfoundland and Labrador's Brad Gushue was scheduled to play Alberta's Kevin Koe in the title game Sunday night.

Jacobs was in control of the Page Playoff 1-2 game on Friday night but Gushue came back to win and lock up a berth in the gold-medal game. Northern Ontario lost on a measurement to Koe in Saturday night's semifinal.

Sunday, McEwen stole a pair in the opening end but Jacobs followed with a deuce of his own. Jacobs took the lead with a single in the fourth end and stole another point in the fifth.

The Manitoba skip came through with a nice double to pull even in the sixth end, but Jacobs answered with a deuce in the eighth.

"We couldn't put together eight shots in an end during the middle half of that game," McEwen said. "It's tough to win that way."

Announced attendance was 7,183. The building holds 8,200 for curling.

McEwen, who was playing in his first Brier, lost to Koe in the 3-4 Page Playoff game.

Gushue won Olympic gold at the 2006 Turin Games but has never won the national men's curling title in 12 previous appearances. Koe won the Brier in 2010 and 2014.

The winning team will receive $225,000, including $144,000 in Sport Canada funding over two years. The silver medallist will earn $61,000.

The champion will also get 88.678 points in the Canadian Team Ranking System. The silver medallist gets 69.676 points and Jacobs picked up 53.840.

THE CANADIAN PRESS

EARLIER...

Carey won women's title
Alberta's Chelsea Carey won the women's national title last month in Grande Prairie, Alta. She will represent Canada at the upcoming world women's curling championship in Swift Current, Sask.
THE CANADIAN PRESS

IN BRIEF

Canadian jr. curlers top
Canada's Mary Fay won a see-saw battle against the United States with a 7-4 victory to capture gold at the world junior curling championships in Denmark.

"It feels amazing to have won this with my best friends, it's surreal and hasn't sunk in yet, and I'm so proud of my team for all their hard work," Fay said.

In men's action, Winnipeg skip Matt Dunstone led Canada to an 8-4 win over Switzerland for bronze.
THE CANADIAN PRESS

Calgary wins Clarkson Cup
The Calgary Inferno upset Montreal's Les Canadiennes 8-3 on Sunday afternoon before 4,082 at Ottawa's Canadian Tire Centre to win their first ever Clarkson Cup, the championship of the Canadian Women's Hockey League.

This was the Inferno's first appearance in the final. Montreal has appeared in six of eight Clarkson Cup finals and have won three.

Montreal (21-3) came in as the favourite after finishing the regular season in first place. THE CANADIAN PRESS

Schwartzel wins Valspar
Charl Schwartzel closed with a 4-under 67 for the best score of the final round Sunday, and then beat Bill Haas on the first extra hole of a playoff in the Valspar Championship in Palm Harbor, Fla.

Schwartzel holed a 65-foot birdie putt on the 13th and a 25-foot birdie putt on the 17th hole to reach 7-under 277.

Haas had a two-shot lead with three holes to play. He closed with a 72.
THE ASSOCIATED PRESS

Lightning blanks Jackets
Ben Bishop made 37 saves, Steven Stamkos had two goals and an assist and the Tampa Bay Lightning beat the Columbus Blue Jackets 4-0 on Sunday to stop a three-game losing streak.

It was Bishop's fourth shutout of the season and No. 16 for his career. Ondrej Palat had a goal and an assist and Vladislav Namestnikov also scored.
THE ASSOCIATED PRESS

FOOTBALL

Big man impresses with skill set at CFL combine

Rupert Butcher stole the spotlight at the CFL combine Sunday.

The six-foot-five, 327-pound Western Mustangs defensive lineman was dominant in the 1-on-1 competition at Varsity Stadium. Butcher was nearly unblockable on the pass rush, effectively using his size and strength to push opposing offensive lineman back at will.

But the London, Ont., native was also light on his feet and showed good lateral movement.

"I think it was important to show I could do a great pass rush and move quickly," the articulate philosophy major said.

"The biggest thing for a guy my size was to show he can move and have the agility to play in the CFL because the CFL is mostly pass rush.

"The film the coaches saw on me (before combine) didn't have a lot of pass rush. Here you have the best offensive linemen in the country and I showed I could play with them."

Butcher was among 51 players at the combine, but only three of the top-10 ranked draft prospects attended. Among those missing were defensive linemen David Onyemata of Manitoba (No. 2), Mehdi Abdesmad of Boston College (No. 4), Trent Corney of Virginia (No. 8) and No. 10 Mitchell Winters of Miami (Ohio).

With more opportunities to shine, Butcher, who wasn't on the CFL scouting bureau's top-20 prospects list in December, solidified his draft stock.

"He helped himself, there's no question about that," said Toronto Argonauts GM Jim Barker. "He was hard to block and showed good quickness."

Chris Jones, the head coach/GM of the Saskatchewan Roughriders, who pick first overall in the May 10 draft, agreed.

"He had a really good day," Jones said. "I thought he was a big, athletic kid with tremendous size. I think the potential is there."

Butcher could also land in the CFL as an offensive lineman as both Saskatchewan and the Ottawa Redblacks mentioned that possibility to him. Butcher would prefer remaining on defence — and dropping 20-25 pounds to do so — but wouldn't discount making the switch.

"I'd be a little disappointed because I've always wanted to play defensive line, that's where my heart is at," he said. "But if that was my only option to keep playing, I would."

Six-foot-four, 315-pound Laval guard Charles Vaillancourt of Coaticook, Que., at No. 6,, was the highest-ranked prospect at the combine.
THE CANADIAN PRESS

RECIPE Cauliflower Couscous Bowl with Sweet Potato and Brussels Sprouts

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

This couscous imposter makes eating your veggies easy and delish. Makes 4 bowls.

Ready in
Prep time: 10 minutes
Cook time: 40 minutes

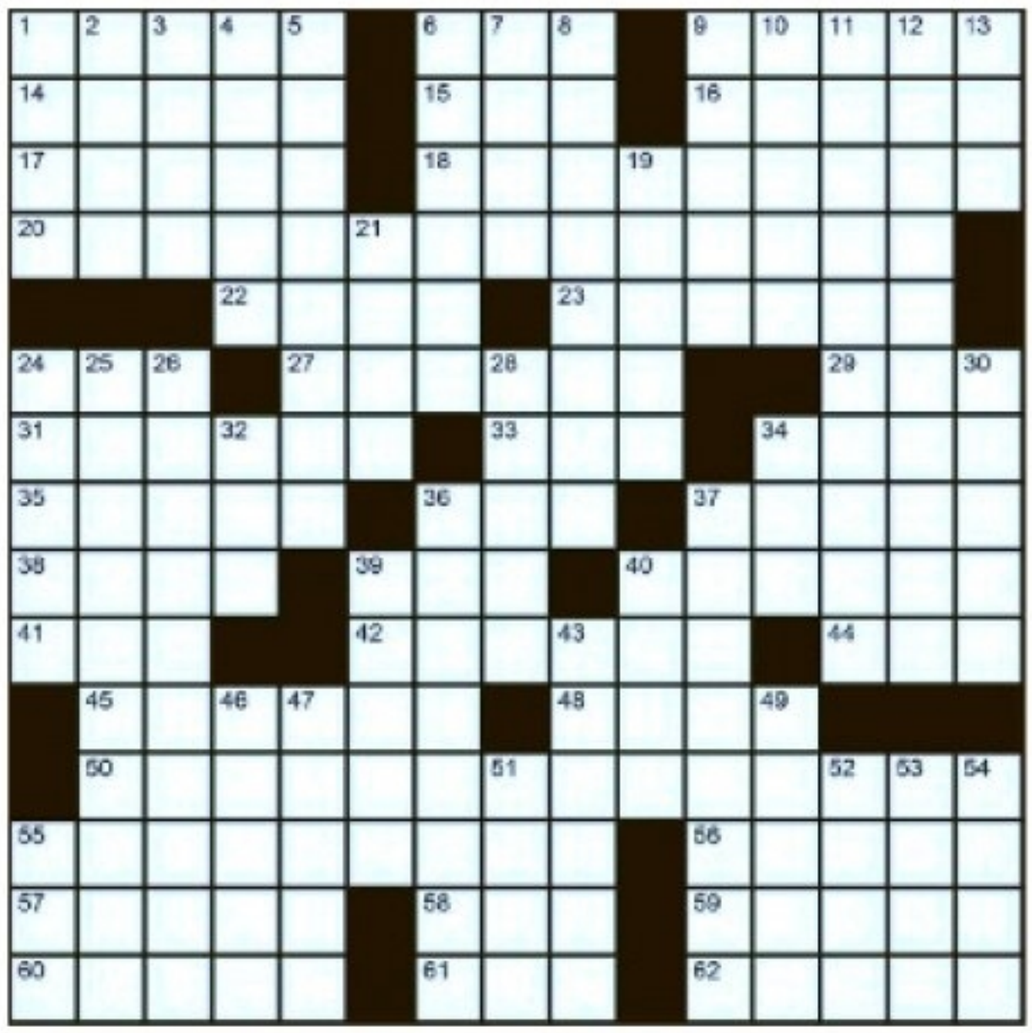
Ingredients
- 1 sweet potato, cut into 1/2-inch pieces
- 2 cups Brussels sprouts, quartered
- 1 Tbsp plus 2 tsp olive oil
- 1 head cauliflower
- 1/2 tsp cumin
- 1/4 cup crumbled feta
- 1 pat of butter
- 4 eggs

Directions
1. Preheat oven to 400.
2. In a bowl, toss the sweet potato and Brussels sprout pieces with 2 tsp olive oil and 1/2 tsp salt. On a rimmed baking sheet, in a single layer, spread vegetables and roast, stirring once or twice, until deep golden brown and tender inside, 20 to 25 minutes.
3. Cut cauliflower in quarters and carve out core from each. Cut quarters into florets. Transfer into food processor and pulse until couscous-sized granules. Turn out into a bowl.
4. Heat large skillet over medium heat, add 1 Tbsp oil. Add cauliflower couscous and sprinkle with salt. Add cumin and stir. Cook until tender, 4 to 5 minutes. Take off heat. Gather 2 cups of couscous.
5. In another pan over medium heat, add butter and four eggs. Cook a few minutes and cover the pan, about 1 to 2 minutes, to help whites set. Remove eggs once whites are set and the yolks are cooked to your preference.
6. Stir together couscous, sweet potato mix and feta or divide veggies amongst four bowls and sprinkle with feta. Top with a fried egg and serve.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Gather gradually in greatness
6. "Long Island Medium" network
9. Chicago choreographer Bob
14. Spanish poet, Federico Garcia __ (b.1898 - d.1936)
15. Record label
16. Canadian wrestling legend Mr. Hart, and namesakes
17. "__ for Murder" (1954)
18. Right-then-and-there
20. Juno Awards category: 4 wds.
22. Alphabetical quartet
23. Kevin of "Shark Tank"
24. "4am" Cdn. band
27. Warp the wording
29. Mont Blanc, for one
31. Toronto-born actress/director Sarah
33. __ and yang
34. Agitate
35. "Do I view the world as __ of tears?" (Bit of 19th-century British writer Robert Browning's poem Confessions)
36. Supplements store
37. Russian pancake
38. Farm birds
39. Earthy prefix
40. Isn't impartial ...is?
41. Used the chair
42. In the office: 2 wds.
44. The Waste Land poet's monogram
45. Easter's extensive eats
48. Charges
50. Misery for chickens, pigs and cows: 2 wds.
55. Duracell products
56. Pointer
57. Food Network chef Guy
58. Quebec-headquartered simulators co.
59. Near
60. Isle of __ (Scottish island)
61. U.S. President after F.D.R.
62. The __ (Clark of comics' family)

DOWN
1. Alan of "The Aviator" (2004)
2. Churn
3. United __ Emirates
4. __ 7 (Brit pop group)
5. The Cremation of __ __ (1907 poem by 'Bard of the Yukon' Robert Service)
6. Buy one/Get one free offer, colloquially
7. Lead up to Easter
8. The Pope's religion
9. "Sue Thomas: _._.__"
10. By land __ __
11. 1980: Quebec Referendum 'Oui' supporter
12. Plots
13. Approx.
19. __ of Troy
21. Jazz singer Anita
24. Moonfishies
25. "One Night __ __" by Bryan Adams
26. Herbivore
28. "The bus should have been here __ __." (Commuter's observation)
30. Lions group
32. Actor Cool J's
34. Gr. that kidnapped Patty Hearst
36. Wins the lotto: 2 wds.
37. Car roof contraption, perhaps: 2 wds.
39. Croc's cousin
40. California city
43. Counterbalance
46. Union for Canada's actors, etc.
47. Beer mug
49. Exhibit elation
51. Thumbs up votes
52. "__ __ it!" (This job is getting done!)
53. Arboreal abode
54. __ de Flandres (French stoneware)
55. Stage actor's deg.

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
The evidence has been there for some time that someone is trying to undermine your efforts, but you decided to ignore it. Now though you have no choice. They cannot be allowed to continue bad-mouthing you.

Taurus April 21 - May 21
No one expects you to be perfect, so don't expect it of yourself. Like everyone else you have limits and if you are smart you will identify what they are and make sure you stay within them. You can still do amazing things.

Gemini May 22 - June 21
By all means help a friend who made a mistake but let them know it's not going to be a regular occurrence. If they carry on, you may have to withhold help until they get the message.

Cancer June 22 - July 23
Tough decisions will have to be made this week but Cancer is a cardinal sign and among other things that means you're not afraid to go in a completely new direction. So move – fast!

Leo July 24 - Aug. 23
There will be a number of dramatic changes in your life over the next few days. The ride may be bumpy but everything will come right in the end. You have nothing to fear.

Virgo Aug. 24 - Sept. 23
Promise yourself as the new week begins that no matter what happens, you won't let it get you down. The road you are on may be a tough one but already you can see light at the end of the tunnel, so keep going and keep believing.

Libra Sept. 24 - Oct. 23
You will come under considerable pressure over the next few days and there may be times when you come close to lashing out at people you love. Don't. Breathe deeply and stay calm. It will all come right in the end.

Scorpio Oct. 24 - Nov. 22
You have a lot of energy at your disposal now and you should use it for creative and constructive purposes. Don't waste your time and your energy on senseless feuds.

Sagittarius Nov. 23 - Dec. 21
You will encounter some kind of resistance over the next 24 hours, most likely from an authority figure. Should you hit back or should you give in? Just this once the latter may be the smarter course. Live to fight another day.

Capricorn Dec. 22 - Jan. 20
Knowing what you want to do is just the first step — you still have to go out and make it happen. Now you have started on your quest you must see it through to the end.

Aquarius Jan. 21 - Feb. 19
The coming week will throw up several opportunities and you must stay alert if you want to make the most of them. Wherever possible, find out as much as you can about the situations you find yourself in. Forewarned is forearmed.

Pisces Feb. 20 - March 20
A situation that has been bugging you for weeks must be dealt with today and positive cosmic activity in your own sign will help you get to the root of the problem. Take your time and make the right decisions.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

6	7			3			1	
5					1	2		6
			5	9	6		4	
		1				8	9	
8		9		1		3		5
	3	7				4		
	8		6	2	7			
7		6	9					3
	4			8			7	2

Difficulty Level ★

©2023 Conceptis Puzzles, Dist. by King Features Syndicate, Inc.

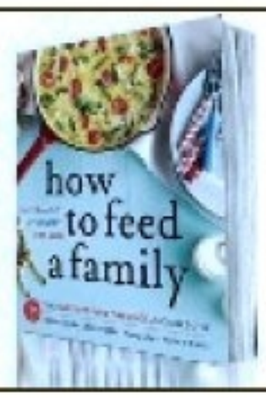
FRIDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games

5	2	3	1	9	6	8	7	4
8	6	7	3	4	2	9	1	5
1	9	4	7	5	8	3	2	6
6	3	5	4	1	9	7	8	2
2	1	9	8	6	7	5	4	3
7	4	8	2	3	5	6	9	1
3	8	2	6	7	1	4	5	9
4	5	1	9	8	3	2	6	7
9	7	6	5	2	4	1	3	8

As Seen In Metro!
Shop **The Sweet Potato Chronicles** Cookbook
mymetrostore.ca shop your city



At CARSTAR, we understand that cars are more than just metal. They are our best friends and our workhorses. They are our security and our freedom. Our cars prove to us that sometimes life isn't about the destination, but the journey.

Twitter: @carstarmanitoba | Facebook: CARSTAR Manitoba

CARSTAR proudly offers:

- Collision repair
- Auto glass repair & replacement
- Lifetime Nationwide Warranty
- MPI accredited

CARSTAR Winnipeg Saskatchewan 204 837-2399
CARSTAR Winnipeg Fife 204 632-7712
CARSTAR Winnipeg Chevrier..... 204 475-7193
CARSTAR Winnipeg Henderson..... 204 338-1551
CARSTAR Stonewall..... 204 467-4329

**AIR MILES® reward miles not applicable on MPI claims.*

CARSTAR® Collision & Glass Service